

# ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

## Burdock *Valeriana officinalis*

Info on its way!

Burdock is one of the foremost detoxifying herbs in both Chinese and Western herbal medicine. Burdock enhances the performance of many of the organs which purify the body and eliminate toxins or waste (like the kidneys, liver, colon, etc). This enhances overall health and helps correct disorders.

The dried root of one year old plants is the official herb, but the leaves and fruits can also be used. It is used to treat conditions caused by an 'overload' of toxins, such as throat and other infections, boils, rashes and other skin problems.

Historically, the seeds of the burdock plants were compressed to make a mixture that was effective in cleansing the bloodstream, easing pain from arthritis, and treating gout, rheumatism, ulcers, acne, eczema, and psoriasis. Its cancer-curing properties were also utilized in Russia and India.

The Chinese used it as an aphrodisiac, and found it effective in treating barrenness and impotence.

The root is thought to be particularly good at helping to eliminate heavy metals from the body. The plant is antibacterial, antifungal, carminative. It has soothing, mucilaginous properties and is said to be one of the most certain cures for many types of skin diseases, burns, bruises etc. It is used in the treatment of herpes, eczema, acne, impetigo, ringworm, boils, bites etc. The plant can be taken internally as an infusion, or used externally as a wash.

Burdock is easily obtainable as an ingredient in teas, ointments, or pills. It is a powerful diuretic, and is safe to be taken internally, externally, or as food. However, it is important to make sure that the herb is pure.

Some reports have indicated that burdock could have toxic properties, since cases of illness were reported that involved burdock tea. However, further analysis showed that the negative effects were the result of impure burdock root. Some belladonna, which contains atropine, had contaminated the burdock root. It is important to look at the source and purity of burdock root before obtaining it.

### PARTS USED

### PROPERTIES

### USES OF THE HERB

Culinary

Aromatic

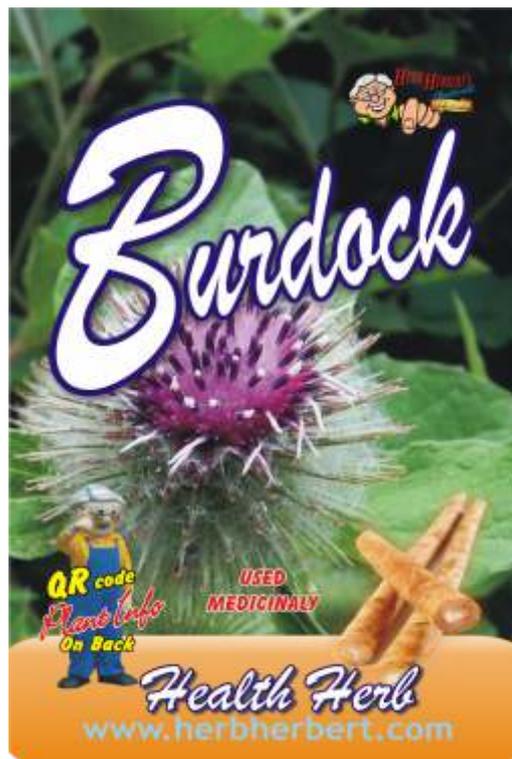
Medicinal

### GROWTH

### HARVEST



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