PERFECT HERBS

Herb Monograph Latin Name: Rumex crispus

Common Name: Yellow Dock

Primary Action	alterative
Secondary Actions	astringent, hepatic, laxative
System Affinities	gastrointestinal, hepatic
Conditions Treated	constipation, convalescence, poor absorption
Constituents	anthraquinine glycosides, tannins
Tincture Daily Dose	3 mL to 6 mL
Tea Daily Dose	2 g to 4 g
Parts Used	root
Can Be Substituted With	Arctium lappa (burdock)
Pairs Well With	Berberis vulgaris for chronic skin conditions and Inonotus obliquus, Smilax officinalis, and Polygonum multiflorum as convalescent adaptogen



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