

## Yellow Dock (Item #3020)

*The Skin Doctor Herb*

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Yellow Dock is considered one of the greatest of all herbs by western and eastern herbalists alike and has been used as a medicinal herb since ancient times. Native American Indians used Yellow Dock as a remedy for boils by mixing the crushed roots with a little water or animal fat and placing the mixture over the boil. Chinese hebalists use Yellow Dock as a remedy for relief from various parasites.

**Dosage:** Take 1 to 3 vegi-capsules, 3 times daily or as directed by a qualified health professional. Maximum daily serving should not exceed 9 capsules daily unless under the supervision of a qualified health professional.

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### Ingredients Explained

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**Yellow Dock** (*Rumex crispus*) - Is unequaled as a remedy for skin ailments, blood toxins, liver congestion (jaundice) or anemia. Clinical trials have shown that Yellow Dock is a good alterative being most effective as a remedy for chronic skin conditions. Conditions that have responded well to Yellow Dock treatment are ringworm, eczema, psoriasis, leprosy and cancer. Science has validated many of the traditional uses of this herb. Yellow Dock contains chelated colloidal plant iron, making it one of the best sources of easy to assimilate iron.

Specific traditional benefits and uses include:

- improves colon and liver function
- Scrofula
- blood purificatier
- reduces swelling
- relief for eruptive skin disorders
- glandular tumors
- Cancer
- ulcerated eyelids
- Syphilis
- ringing ears
- Leprosy
- mild laxative
- soothes itching
- liver tonic
- tickling coughs
- high blood pressure
- vermicide
- insecticide and external antiseptic

In India yellow Dock is used with great success to toughen gums that have been affected by malnutrition. Use compresses of strong Yellow Dock tea by placing them over boils, sprains, sore muscles, ringworm and other skin problems.

**Note:** Since Yellow Dock is a blood purifier it should be taken only on a cyclical basis. One week on then one week off is recommended, especially if you're using it as a blood cleanser. It should never be taken in higher doses for extended periods of time.

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## Ordering Information

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**Yellow Dock (*Item #3020*)** 100 Vegi-Capsules

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication  
without first consulting your physician.**

**Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.