

## QUICK REFERENCE SHEET

# BUCKTHORN

*Rhamnus frangula*



Part Utilized:  
Bark



### PROPERTIES:

Cathartic, Diuretic, Vermifuge

### SYSTEMS AFFECTED:

Intestinal tract, Urinary tract, Integumentary (skin)

### POSSIBLE USES:

appendicitis, constipation, gout, skin issues

### INGREDIENT IN:

CAC, LB, RC, RC-L

### GENERAL INFORMATION:

Buckthorn is recommended as a means of keeping the bowels regular without developing a need or habit for an herb to accomplish this—non-habit-forming. Buckthorn has a stimulating effect on the bile ducts, aids in ridding the body of toxins, and is a vermifuge.