

## QUICK REFERENCE SHEET

# POKE ROOT

*Phytolacca americana*



Part Utilized:  
Root



### PROPERTIES:

Alterative, Adaptogenic, Vulnerary

### SYSTEMS AFFECTED:

Immune, Lymphatic, Endocrine/Glandular  
(thyroid, spleen)

### POSSIBLE USES:

infected wounds, respiratory ailments,  
lymphatic issues, thyroid problems

### INGREDIENT IN:

BHM Plus Salve, CAC, EUST, IF, LC, MP, PPAC, RC, RC-L

### GENERAL INFORMATION:

Poke Root is one of the strongest herbs available. It should be taken internally only in very moderate doses. Larger doses can become strongly emetic (cause vomiting or serious diarrhea). Poke Root is best used in conjunction with other alterative and antibacterial/antiviral herbs. Poke Root, combined with other herbs, can make formulas that are especially effective for chronic respiratory ailments. Being astringent, it helps dry up mucus and catarrh. Other formulas are used for kidney infections and for draining enlarged lymphatics. In fact, Poke Root is the best herb I know for encouraging lymphatic circulation and drainage. Poke Root has a strong and specific action on the entire glandular system, but has a particular affinity for the thyroid and the spleen.

Poke Root is excellent added to a poultice for drawing infections out of the body, even when there is no open wound (such as in cases of breast infection, lung infection, and inflamed bowel). Poke Root is a major ingredient in packs for breast infections in nursing mothers. Poke Root, especially when mixed with Mullein and Plantain, is also a great wound healer.