

QUICK REFERENCE SHEET

WHITE OAK

Quercus alba



Part Utilized:
Bark



PROPERTIES:

Adaptogenic, Antilithic, Astringent, Anti-inflammatory, Emmenagogue, Antimicrobial, Hemostatic/Styptic, Diuretic

SYSTEMS AFFECTED:

Structural, Endocrine/Glandular, Digestive, Mucous membranes, Integumentary

POSSIBLE USES:

diarrhea, burns, cuts and wounds, dental/oral care

INGREDIENT IN:

APL, BHM, BHM Salve, BHM Plus Salve, CART

GENERAL INFORMATION:

White Oak is one of the most valuable astringent herbs because it is useful for both external and internal bleeding and wound healing. White Oak heals damaged and inflamed tissues of the skin, mucous membranes, stomach, and intestines. A tea of the bark makes an excellent wash for gum infection, a gargle for sore throats, and a corrective for diarrhea. White Oak has proven to be an excellent remedy for gangrenous and other seriously infected flesh.

White Oak is one of the few herbs I have even seen listed (and had any success with) as an antidote for drug reactions and chemotherapy side effects.