

May 12, 2011



## Burdock

*Arctium lappa*

A Relative of the  
Thistle



### Touched By Grace Schedule:

May 13-June 4

Working from Regina Studio

June 6-10

Working in Swan River Studio

## In Touch..... with Touched By Grace

Backyard Weed Series -- Burdock

Message from Grace;

Finally starting to feel like spring may arrive after all. The fields are starting to dry a bit and you can almost walk around the yard. The trees are beginning to bud, and the hardy perennials - weed and cultivated alike- are starting to grow so nicely.

So as we all head outside, either to our gardens our fields or just to be outside, here's a little something to think about.

Happy Spring, everyone!

Warmly,  
~Grace~

### Backyard Weeds – Blessings in Disguise

*“A weed is any plant growing where it isn’t supposed to.”*

(A quote from my Mother.)

#### Burdock – a Manitoba Favorite

Tenacious, towering, tough and prolific. With its spiny seed pods and thistle like flowers this plant bespeaks of survival. Hardened to the Canadian cold, it also proliferates through the United States. It’s broad, rhubarb like leaves catch even the tiniest evening moisture, enabling it to survive even the severest droughts.

Yes, the Swan valley has an abundance of Burdock. Curse it if you must, but did you know:

- Burdock is a powerful blood cleanser
- Burdock clears many skin conditions
- Burdock contains vitamin C, niacin, iron and most minerals
- Burdock relieves gout
- Burdock restores liver and gallbladder function
- Burdock heals boils and carbuncles
- Burdock treats rheumatism and arthritis

#### Plant parts used:

The root is the part of the plant that is used most often, though sometimes the seeds can be chewed or an extract made from them, and even the leaves can be bruised and used as a drawing poultice and an aid against infection.

### **Harvesting:**

The best time to harvest burdock is in the July and August. At this time the root will be drawing down nourishment for the winter and therefore it will have the most value, yet the root will not have grown its tough winter coating yet. The leaves may be harvested and dried at this time as well. The fruits, or seeds, are harvested when they are ripe and can be shaken from the heads.

### **Use:**

The root can be peeled boiled and eaten, or chopped (unpeeled) and dried for storage. It may then be used for teas or made into tinctures. The leaves can be hung in an airy, dry place and then stored for later use. Usually just the roots are used.

### **Safety:**

Because of its potency, it is recommended that burdock not be used medicinally on its own, or in large quantities. It can safely be used as a blend with other tasty herbs for teas. Diabetics should keep an eye on their blood sugar levels when using this herb, and if you're already taking a diuretic be aware that burdock helps shed excess fluid as well. And burdock should not be used during pregnancy. As this plant is a good blood cleanser, if you feel some cleansing when you first begin using it simply cut back on the dosage for awhile.

*\*\* This article is for information purposes only and is not in any way intended as medical advice.\*\**



### **News:**

Touched By Grace will no longer be offering the 1-1/2 hour CranioSacral Therapy sessions as a standard session.

The length of these sessions takes its toll on me, and while it gives the receiver a great amount of benefit it also makes them very tired for an extended time while their body processes.

Therefore the 1hr sessions will now be the standard session length.

I will still work 1-1/2 hr sessions when the situation calls for it.

Reflexology PLUS sessions will still be 1-1/2 hrs.

### **Welcome Spring**

Not looking forward to yardwork?

Bad back?

Shoulders and knees dreading the warmer weather?

### **I can help you!**

A comment I often hear is, **"You've given me my life back!"** I am here to

serve you and help make your life easier. Why postpone your greater well-being? You can start feeling better NOW.

Be good to yourself. Feel better.

The next step is easy..... visit [www.touchedbygrace.ca](http://www.touchedbygrace.ca) to find out more.

Tel: (306) 533-6549

Email: [lighttouch@touchedbygrace.ca](mailto:lighttouch@touchedbygrace.ca)

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