



White Oak Bark

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Mostly found in the eastern United States, the white oak tree has long been used for its medicinal properties. White oak bark is an astringent substance that may be used for controlling inflammation of both internal and external varieties. The White Oak tree grows to 100 feet tall and has a span of nearly 80 feet, but it is characterized most visibly by the light-colored bark of his trunk and branches.



The uses for white oak bark are varied and alternative medicine practitioners have been using it for centuries to safely and naturally treat many different types of ailments. It contains zinc, magnesium, calcium and phosphorous, all of which are used to shrink tissues, such as swollen glands. One major medicinal use for white oak bark is to relieve hemorrhoids and gout. Since it can be used both internally and externally, the white oak bark can do more than a standard ointment or capsule.

Another name for White Oak Bark is Tanner's Oak. The leaves, inner bark and the cups of the acorn from the white oak tree (*quercus alba*), are the parts used in a variety of herbal treatments. Generally speaking, though, the inner white bark of the plant is best for use. John Christopher and other herbalists such as Jethro Kloss used the inner bark of the oak tree specifically in the treatment of hemorrhoids, thrush, pyorrhea (gingivitis), and varicose veins.

Historical uses

The oak tree is common in deciduous forests throughout the world. The white oak is native to England and has been naturalized in the U.S. Their steady growth and large stature is the reason this tree has been used in religious and patriotic symbols. All species of the oak tree have medicinal properties. Several Indian tribes used thin strips of the inner bark, placed them between the gum and lips, and left it there over night to heal sores of the gums and to tighten loose teeth. The crushed bark was also used in a poultice for gangrene. Herbalists used white oak bark during "small-pox" epidemics as a preventative.

Medicinal Properties

The active ingredients in oak bark are tannin and quercin. Quercin is similar in effect to salicin and is used along with bioflavonoids to strengthen the capillaries and veins. White oak bark also contains ample amounts of calcium, manganese, potassium and magnesium. Its primary therapeutic properties are astringent and antiseptic. A few of oak's other properties—haemostatic (arrests internal bleeding), febrifuge (reduces fever), diuretic, anti-

emetic (relieves malarial-type fevers and chills), and anti-venomous (antidote for poisonous plants, insects and snake bites.)

Medicinally, White Oak Bark is the classic example of an astringent. Due to its high calcium and tannins content, it acts by precipitating the tissue protein to tighten the tissues. It also acts as an antiseptic.

Historically, White Oak Bark has been used for skin wounds, bee stings, burns, diarrhea, fevers and cold, bronchitis, nosebleed, poison ivy, and varicose veins & hemorrhoids. Hemorrhoids in fact, are said to be an internal version of varicose veins. Also, this particular herb has been believed to be good for the teeth. It has even been used in enemas and douches. To treat a variety of diseases such as menstrual problems, varicose veins, sore throat, fevers, and sinus congestion herbalists have used white oak bark.

Bodily Influences of White Oak Bark:

- Antiseptic, astringent, haemostatic, parasiticide, tonic.
- It has been used to treat diarrhea, dysentery and bleeding.
- Historically, it was known as one of the best remedies for piles and hemorrhoids, or any trouble in the rectum, as well as for use on varicose veins
- In case of a loose tooth, it may help to strengthen the tissues and helps the tooth to set well in place.
- May reduce the deleterious effects of poisonous medicines, especially if ulceration of the bladder and bloody urine occurs.
- It's a strong astringent, and is has been used for both external and internal hemorrhage. It may have a cleansing effect on inflamed surfaces of the skin or mucous membranes.
- The bark has been used for chronic diarrhea, chronic mucous discharges and passive hemorrhage.
- Believed to be very useful in goiter and hardened neck.
- White Oak Bark has been used to expel pinworms and in the cleansing of the entire gastrointestinal tract. It's also been used to stop bleeding in the stomach, liver, lungs and bowels. White Oak Bark is believed to relieve the stomach by toning it for better internal absorption and secretion, improving metabolism.
- May increase the flow of urine and acts as a good antiseptic and astringent.
- May be very helpful to prevent nocturnal emissions or night losses due to excessive sexual desire or a weakened condition.
- Also historically known for stopping the spitting up of blood and has been used for help with external and internal bleeding.
- Supports bladder and is used in douches and enemas.
- Has been used for excess mucus with common complaints such as sinus congestion and post-nasal drip.
- May help to removes kidney stones and gallstones.
- May brings down fever temperature.

General Historical Uses For White Oak Bark:

- Bladder infections
- Ulcerated bleeding (internal & external)
- Stomach
- Liver
- Bowels
- Bruises
- Cancer
- Canker sores
- Dental problems
- Diarrhea
- Enemas

- Fevers
- Gallstones
- Gangrene
- Gingivitis
- Glandular swellings
- Goiter
- Gums (bleeding & sore)
- Hemorrhage
- Hemorrhoids
- Indigestion
- Insect bites
- Jaundice
- Kidney problems
- Kidney stones
- Liver problems
- Menstrual problems
- Mouth gargle
- Mouth sores
- Nausea
- Prostate Problems
- Skin diseases
- Skin irritations
- Snake bites
- Sores
- Spleen problems
- Loose teeth
- Toothaches
- Strep throat
- Tumors
- Ulcers
- Urinary problems
- Uterus (prolapsed Vaginal discharge)
- Varicose veins
- Vomiting
- Worms

Phytochemical Content: Plant derived chemical compounds:

Beta-carotene, beta-sitosterol, catechin, gallic acid, pectin, quercetin, quercitrin, tannin.



Be sure to try NSP's [White Oak Bark \(100 Caps\)](#). You can see other products containing White Oak Bark by [clicking here](#).

References

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Yours in Good Health!

Sincerely,

Chris Ritchason
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