

Poke Root for treatment of mastitis

Poke root is one of the best herbs to help clear mastitis (breast infection). It is traditionally used as a lymph cleanser, and has a special affinity for red, inflamed mammary glands, testicles and throat. The typical experience with this herb is that a breast infection will usually clear up within 24 hours, without the use of antibiotics. It is also useful in cases of a sore throat with swollen lymph glands in the neck. This too, usually will clear overnight.

How to use Poke Root orally:

First day - use 2-4 drops (not droppersful, but **DROPS**) in a small amount of water and drink. If this dose is taken during the day, it may be repeated at night before bed. If the infection or soreness is still present the next day, repeat this dose in the morning and again that night. Then use the 2-4 drops in a small amount of water once a day until the infection or soreness is completely gone. This usually doesn't take more than a day or two. This same procedure is recommended for sore throats with swollen lymph glands in the neck. (Poke Root will do nothing for sore throats that do not involve the lymph glands.) **This herb should be used for no more than five days at a time and never by pregnant women or children. Nausea and vomiting may occur.**

You can also use Poke Root topically:

Warm a pot of water. Put 4-6 droppersful (not drops) into the pot of water. A dropperful is the amount that is drawn up into the glass pipette when the dropper bulb is squeezed. It will usually fill it about 1/2 way. Soak a clean white cloth in the Poke Root water, squeeze out the excess, and apply to the sore or plugged area of the breast. Make it warm, but be careful not to burn the skin. This method, known as a compress, works extremely well in cases of plugged ducts, even if it hasn't become an actual breast infection. Continue to re-soak and re-apply this compress for 20-30 minutes. You may briefly re-heat the Poke Root water on the stove if needed (do not boil or microwave it). Repeat this 3-4 times a day or as desired.

Lecithin may also be helpful:

If persistent or chronic plugged ducts are a problem and are causing frequent bouts of mastitis, use Lecithin supplements to help prevent plugged ducts. Take one capsule (1200 mg) 3-4 times daily.

In addition to using poke root: REST!!

Breast infections often occur in women who are over-tired and doing too much. Take whatever measures you can to get extra rest. Ask for help and go to bed. You can take your baby with you. As painful as it is, it is important to keep nursing. Listen to this message from your body - immediately slow down and give yourself the extra rest your body needs.

And - pay extra attention to your baby's LATCH:

Breast infections may be caused by damaged nipples which in turn are often caused by a poor latch. Make sure your baby has a good latch. Get help from your caregiver or a La Leche League member and/or watch breastfeeding videos on how to latch your baby and how to tell if your baby has a good latch.

NOTE: Poke Root is an extremely powerful herb. If too much is taken, nausea and vomiting may occur. Poke Root may be taken while nursing, as the dose required and suggested above is extremely low. Use only when necessary and for no longer than five days at a time. If symptoms persist or worsen, see your caregiver.

Information adapted from HerbLore: <https://herblore.com/overviews/poke-root>