



DANDELION (*taraxacum officinale*)

Common Uses

Dandelion is a truly amazing herb, however, it is most notoriously known to cause headaches for lawn-owners everywhere. Despite its noxious reputation, dandelion is an exceptionally nutritious food. Its leaves and root contain substantial levels of vitamins A, C, D, and B complex as well as iron, magnesium, zinc, potassium, manganese, copper, calcium, and silicon. Dandelion leaf is used to stimulate the release of bile from the liver into the gallbladder. The herb is used in the treatment of a variety of liver and gallbladder disorders, especially the incomplete digestion of fats. It is a laxative, and accelerates the breakdown of various steroid hormones, causing an indirect, favorable effect on eczema and other skin conditions.

Dandelion, both the leaf and root is one of the best herbal diuretics. Not only does it stimulate urination but also replaces the potassium that is lost to the increased volume of urine.

Precautions

Use with caution if you have gallstones

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.

