

## Dandelion

Botanical name: *Taraxacum officinale*

Energetics/Actions: Bitter, cold, diuretic, mild laxative

### Description

Traditionally dandelion is used as a liver and gallbladder tonic to “break up stagnant energy” and improve the flow of bile. It is also used for the treatment of skin conditions. Dandelion is highly antioxidant. The root and leaf are used. Dandelion leaves act as a mild diuretic without the risk of potassium depletion that other diuretics have because the leaf is rich in potassium. The leaves are very nutritious and can be eaten in salads. They are tastiest when they are young. Historically the leaves were eaten, the roots were roasted to use as a coffee substitute and the flowers were made into wine. Dandelion is a bioremediator, so be sure to check the soil in any area you forage.



### Uses

Edema (swelling): Leaf, acts as a gentle diuretic.

Liver and gallbladder health: Root, tonic to liver function and bile flow, used for detoxifying the liver.

Indigestion and sluggish digestion: Leaf and root. The root also has some mild laxative properties.

Anemia: Used as a nutritive tonic for low iron.

Skin conditions: Root, used for acne, eczema and boils.

Hormonal dysregulation: Leaf, useful for PMS, menstrual headaches and fibrocystic breasts.

### Dose

Dried leaf or root tea: 4 gm 2-3 times a day

Leaf or root tincture: 2-5 ml/day

### Safety Information

Do not use if there is bile duct obstruction or gallstones, intestinal blockage or allergy to plants in the aster family.