

Globe artichoke

Botanical name: *Cynara cardunculus* var. *scolymus*

Energetics/Actions: Cool, bitter, digestive, hepatic, cholagogue

#### Description

Artichoke is a type of thistle. It was eaten as food and used as medicine in ancient Egypt and Greece. It has been used since ancient times as a digestive aid and for liver ailments. It is frequently used in Mediterranean cuisine and grown throughout Europe, the US and the Middle East. Artichoke is a good source of vitamin C and folate. It is high in the antioxidants cynarin and silymarin, and also is a good source of potassium, which is good for the heart.

#### Uses

Blood lipid regulation: Lowers LDL (bad) cholesterol and increases HDL (good) cholesterol

Irritable bowel syndrome: Reduces severity of symptoms

#### Dose

Artichoke leaf extract: 320-640 mg 3 times a day for 8 to 12 weeks

#### Safety information

May cause allergic reaction in people with daisy/ragweed allergies.

Talk to your health care provider first if you have gallstones or problems with the gallbladder.

Eat only as food while pregnant and breastfeeding.

