

Milk Thistle

Botanical name: *Silybum marianum*

Energetics/Actions: Neutral, bitter, demulcent, hepatic, galactagogue

Description

Native to Europe, milk thistle has been used as medicine and food for thousands of years. The shoots and heads were eaten like rhubarb. The second part of its botanical name, "marianum", is a reference to the legend that the milk of the Virgin Mary fell on its leaves and gave it its milky veins.

Milk thistle increases glutathione in cells and is good for fatty liver. It protects liver cells from injury, is antioxidant, can prevent gallstone formation, and increases liver cell regeneration and bile production. It needs to be taken with lecithin for absorption, so it doesn't work as a tea.



Uses

Liver support and detoxification: Can reduce liver damage in people with fatty liver disease and damage to the liver from chemotherapy (talk to your health care provider)

Indigestion: Effective in reducing indigestion. Can reduce cramping, bloating, gas and nausea

Diabetes: Can lower blood sugar in people with Type 2 diabetes (talk to your health care provider if you are taking medication)

Dose

Tincture: ½ teaspoon 3 times a day

Capsule: 420 mg a day

Iberogast: For indigestion, follow label instructions

Safety information

Generally safe, but talk to your health care provider if you are taking other medications as there can be interactions. Talk to your health care provider if you have a history of breast, uterine, or ovarian cancer or fibroids or endometriosis. May cause reaction for people with allergies to ragweed or plants in the Asteraceae/Compositae family.