

Dandelion - Far More Than A Weed

Application

Dandelion root is one of the safest and most popular herbal remedies. The decoction is a traditional tonic. It's supposed to strengthen the entire body, especially the liver and gallbladder, where it promotes the flow of bile, reduces inflammation of the bile duct, and helps get rid of gall stones - due to its taraxacin. In China, dandelion has been used for centuries to treat cancer. It also appears to be an infection fighter.

It's good for chronic hepatitis, it reduces liver swelling and jaundice, and it helps indigestion caused by insufficient bile.

The root and leaf tea act on the kidneys as a gentle diuretic, improving the way they cleanse the blood and recycle nutrients. Unlike pharmaceutical diuretics, this doesn't leach potassium, a vital mineral, from the body.

Dandelions are also good for the bladder, spleen, pancreas, stomach and intestines. It's recommended for stressed-out, internally sluggish, and sedentary people. Anyone who's a victim of excessive fat, white flour, and concentrated sweeteners could benefit from a daily cup of dandelion tea.

Dandelion root's inulin is a sugar that doesn't elicit the rapid production of insulin, as refined sugars do. It helps mature-onset diabetes, and it could be used as part of a holistic regime for hypoglycemia (low blood sugar).

The leaf's white, milky sap removes warts, moles, pimples, calluses, and sores, and soothes bee stings and blisters. It is also effective for skin conditions such as eczema, abscesses, and age spots

Dandelion greens are wonderful in salads, sautéed or steamed. They taste like chicory and endive, with an intense heartiness overlying a bitter tinge.



Nutrients

Dandelion contains luteolin, an antioxidant, and has demonstrated antioxidant properties without cytotoxicity.

The leaves are more nutritious than anything you can buy. They're higher in beta-carotene than carrots and they are a rich source of calcium.

The bitter compounds in the leaves and root help stimulate digestion and are mild laxatives.

One cup of chopped dandelion contains more than 100% of daily value of vitamin A and more than 500% of vitamin K. It also contains over 30% of daily value of vitamin C.

The iron and calcium content is greater than spinach. You also get vitamins B-1, B-2, B-5, B-6, B-12, C, E, P, and D, biotin, inositol, potassium, phosphorus, magnesium, omega-3, omega-6, and zinc by using a tasty, free vegetable that grows on virtually every lawn.

The root contains the sugar inulin, plus many medicinal substances.

Side effects: *Don't use it with irritable stomach or bowel, or if you have an acute inflammation.*

Frapez Smoothies: DetoX Harmony, Summer.

Frapez Tip: Sluggish liver

Dandelion is recommended by some herbologists for people with sluggish liver function due to alcohol abuse or poor diet.

History

Dandelions evolved about thirty million years ago in Eurasia. They have been used by humans for food and herbalism for much of recorded history.

The English name dandelion is a corruption of the French dent de lion meaning lion's tooth, referring to the coarsely-toothed leaves. In modern French the plant is named pissenlit, which means "urinate in bed", apparently referring to its diuretic properties. Also, in various north-eastern Italian dialects, it is known as pisacan, which translates to "dog pisses", referring to how common they are found at the side of pavements, while in many other northern Italian dialects, it is known as soffione, which translates to "blowing", and refers to the habit of blowing the seeds from the stalk.

Dandelions are especially well-adapted to a modern world of "disturbed habitats," such as lawns and sunny, open places. They were even introduced into the Midwest from Europe to provide food for the imported honeybees in early spring. They now grow virtually worldwide.

Dandelions spread further, are more difficult to exterminate, and grow under more adverse circumstances than most competitors. Unless you remove it completely, it will regenerate. If you break off more pieces than you unearth, the dandelion wins.

