



Willow Moon Herbals



Dandelion

Latin binomial: *Taraxacum officinale*, Wigg.

Description: Dandelion can be found in almost every lawn, much to a gardener's dismay. However, this hardy botanical is an excellent food plant with many medicinal properties. Dandelions can be distinguished by their solid yellow daisy-like, composite flowers perched on hollow, unbranched stalks and large-toothed, hairless leaves. When cut, the plant exudes a white, milky sap, or latex. The leaves form a rosette above a central taproot.

Uses: A favorite with herbalists since ancient times, Dandelion root and leaf is well-known as a wonderful liver cleanser and cooler, and should be seriously considered for assistance with liver-related issues such as hepatitis, cirrhosis, liver toxicity, poor appetite and constipation. The leaves are a powerful potassium-sparing diuretic that is non-irritating to the kidneys and can benefit water retention or to increase lactation. The bitter taste of the leaves is a wonderful digestive aid. The roots have been used for centuries to treat jaundice. The flowers are a great source of lecithin, which has been proven useful in various liver ailments. Steam the leaves and flowers like spinach and invite this healthy herb into your regular diet!

Dosage: make a decoction by simmering 1 tablespoon of the leaf or root for every cup of water. Drink 1 cup, 2 to 3 times a day, or use 2 to 4 droppersful of the tincture 1 to 3 times daily.

Caution: Folks with bile duct blockage, gallbladder inflammation, or intestinal blockage should only use dandelion under the specific care of an experience herbalist.

Note: **ONLY** harvest fresh Dandelion from non-polluted areas without pesticides.

Sources: The Green Pharmacy, Herbal Remedies for Dummies, A Modern Herbal,

Note: Any remedies listed on this web site are from historical references and used for teaching purposes only. The contents are not meant to diagnose, treat, prescribe, or substitute consultation with a licensed health-care professional.

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