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<http://www.azuswebworks.com/herbs/dandelin.htm>

Choline: Is found in bitter vegetables and the leaves of Dandelions and is critical for effective liver function.

<http://www.healthwell.com/healthnotes/Herb/Dandelion.cfm>

<http://www.a-better-way.com/dandelion.html>

Dandelion leaves and roots have been used for hundreds of years to treat liver, gallbladder, kidney, and joint problems. In some traditions, dandelion is considered a blood purifier and is used for conditions as varied as eczema and cancer. As is the case today, dandelion leaves have also been used historically to treat water retention.

Dandelion is also a rich source of vitamins and minerals. The leaves have a high content of vitamin A as well as moderate amounts of vitamin D, vitamin C, various B vitamins, iron, silicon, magnesium, zinc, and manganese.

The bitter compounds in the leaves and root help stimulate digestion and are mild laxatives. These bitter principles also increase bile production in the gallbladder and bile flow from the liver. For this reason dandelion is recommended by some herbalists for people with sluggish liver function due to alcohol abuse or poor diet. The increase in bile flow may help improve fat (including cholesterol) metabolism in the body.

Dandelion, also known as Blowball, Cankerwort, Lion's Tooth, Priest's Crown, Puffball, Swine Snout, White Endive, and Wild Endive, is a

perennial plant found, to the dismay of many, almost everywhere. The oblong or spatulate, irregularly dentate or pinnatifid leaves grow in a rosette from the milky taproot, which also sends up one or more naked flower stems, each terminating in a single yellow flower. The familiar puffball that succeeds the flower is a globular cluster of achenes, each of which is fitted with a parachute-like tuft.

Dandelion has been used as an aperient, cholagogue, diuretic, stomachic, and tonic. Dandelion has two particularly important uses: to promote the formation of bile and to remove excess water from the body in edemous conditions resulting from liver problems. The root especially affects all forms of secretion and excretion from the body. By acting to remove poisons from the body, it acts as a tonic and stimulant as well. The fresh juice is most effective, but Dandelion is also prepared as a tea. Lukewarm Dandelion tea has been recommended for dyspepsia with constipation, fever, insomnia, and hypochondria. An infusion of the fresh root is said to be good for gallstones, jaundice, and other liver problems. Dandelion leaves are healthful as salad greens.

www.viable-herbal.com/herbdesc1/1dandeli.htm

Herbalists know the plant as one of the most nutrient-rich in the plant kingdom. The whole dandelion plant is edible—the flowers being used to make wine, the leaves boiled like spinach or added uncooked to salads, and the roots used as a vegetable or roasted and brewed for a coffee-like beverage. The herb contains potassium, sodium, phosphorus and iron. The leaves are a richer source of vitamin A than carrots and contain some amounts of vitamins B, C and D.

It is very safe and its benefits are many. In our high-tech world we often lose sight of the low-tech remedies that nature has provided. These are all around, but unless we know about them their virtues will be lost.

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Next time, instead of reaching for the toxic chemicals, reach for a spade, harvest this wonderful weed, and enjoy your greens along with your good health!