

Taraxacum officinale
Family: *Asteraceae* Subfamily: Chicory
Parts Used: whole plant
*root has strongest properties

For most people dandelions are simply a noxious weed that they work hard to eradicate each spring. For me it is another healing herb the Lord has blessed us with.

Properties

Aperient, antibacterial, antioxidant, anti-inflammatory, astringent, diuretic, cholagogue, hepatic, laxative, lithotriptic, blood tonic, nutritive (Vitamins A, B, C, D, potassium, iron, calcium, carotenoids, sesquiterpenes, inulin, nutritive salts, rich in trace minerals).

Energetics: cooling, drying, bitter
Systems Affected: digestive, liver, skin

Uses

- Digestive aid, appetite, gas, bloating, heartburn, stomachache, diarrhea, constipation, etc. (tincture, capsules, or tea before meals)
- Strengthens and feeds gut microbiome
- Bitter tonic good for liver, kidneys, spleen, and pancreas.
- Blood purifier and blood building, good for anemia (root has strongest action)
- Opens obstructions and clears out
- Liver tonic; stimulating, decongesting and nourishing
- Bladder and kidney problems
- Breaks down cholesterol and fat
- Gall and kidney stone prevention and aid (root)
- Bladder infection; won't kill bacteria but helps wash microbes out a urinary tract.
- High blood pressure and heart disease
- Regulates blood sugar levels, helpful for diabetics
- Increase milk supply in nursing mothers
- Bloating and discomfort of PMS
- Helps maintain a healthy hormone balance
- Liver conditions such as jaundice and hepatitis
- Chronic skin problems (by cleansing the liver and kidneys)
- Promotes strong bone and joint health
- Wounds and lacerations, prevents and fights infection
- Blocks the interaction of COV-2 spike protein and ACE-2 receptor sites
- Joint and muscle pain and inflammation

- Eye support
- Brain function
- High in trace minerals, iron, calcium, potassium, and other nutrients including electrolytes
- Milk from the dandelion will dissolve warts (apply 2-3 times a day for 2-3 months)
- Milk can also fade aging spots (liver spots)
- Blossoms help hydrate skin, soothe inflamed lymph and breasts, relives sore and achy joints, muscle, and tissue (apply topically as an oil, salve or cream in addition to internally)

Herb Preparations

- Food: use leaves and blossoms in cooking, roots can be roasted and brewed
- Tea (decoction of roots or infusion of flowers and leaves)
- Powder, sprinkle, capsules
- Tincture, liniment
- Vinegar
- Honey, syrup
- Poultice, fomentation
- Herbal oil
- Salve, ointment, balm
- Bath, steam
- Milk; snap stem by rosette or blossom and apply to warts and liver spots
- Dandy blend (commercial blend mixed with chicory with no bitter aftertaste, coffee flavor)

Wildcrafting/Harvesting

Don't spray your yard with weed killer and there is your fresh supply, ready to go. Found in waysides, nature trails, parks, everywhere! Just make sure they have not been chemically treated.

- Leaves are the best in early spring when they are young, but they can be harvested anytime.
- Pick flowers as they bloom.
- Roots are harvested in mid-summer for the highest medicinal properties, just dig them up, wash them, chop and dehydrate. For better flavor roast them after drying. Many use roasted root as a coffee substitute.

Safety

Patch test to check for allergies before use.