



Health Benefits of Dandelion Root



- Rich in vitamins A, C, D & B complex
- Anti-oxidant properties
- Anti-inflammatory
- Nourishes liver
- Activity against free radicals to counteract acetaminophen liver toxicity
- Mild appetite stimulant
- Lowers cholesterol
- Destroys acid in the blood
- Blood builder & purifier
- Used as a treatment for anemia
- Detoxifies poisons & toxic waste in the body



- Stimulates bile production
- Helps with fluid detention
- Promotes cleansing of the liver
- Acts as a mild diuretic
- Reduces symptoms of bloating
- Works to decrease glucose levels
- Discourages growth of harmful bacteria
- Provides relief for indigestion & heartburn
- Helps flush foreign particles from gallbladder

Dandelion Root Herbal Tea Recipe

- 1 ounce dandelion root, roasted and ground
- 1 ounce dandelion leaves and stems, roasted and ground
- 2/3 ounce fennel seeds
- 2/3 ounce peppermint leaves

Directions
Steep mixture in 1 cup of hot water for about 10 minutes, strain and drink.

This combination will help digestion, alleviate intestinal gas and stimulate bile production.

