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 choleseterol
- 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.

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