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What is milk thistle used for?

**Milk thistle** is sometimes used as a natural treatment for liver problems. These liver problems include cirrhosis, jaundice, hepatitis, and gallbladder disorders. Some claim **milk thistle** may also: Provide heart benefits by lowering cholesterol levels. Jan 23, 2017

**Milk Thistle: Benefits and Side Effects - WebMD**

[www.webmd.com/heart-disease/milk-thistle-benefits-and-side-effects](http://www.webmd.com/heart-disease/milk-thistle-benefits-and-side-effects)

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