TARAXACUM OFFICINALE. (Aster Family)

DANDELION: pee in the bed, lion’s teeth, fairy clock.

Parts used: ALL

Uses: Digestion, loss of appetite, muscle ache, eczema, laxative, gallbladder disease, mastitis, liver, rheumatism, skin disease, kidney, joint pain, upset stomach, (root) help to lower high blood sugar, intestinal gas, gallstones, preventing UTI, inflammation of the tonsils.

Actions: Diuretic, stimulant, anti-inflammatory, detoxification of the liver, antiviral.

Constituents: taraxacin, acrystalline.

Dosage: The appropriate dose of dandelion depends on several factors such as age, health, and several other conditions.

Tea: 1 cup 3x daily.

Tincture: 10 to 15 drops of tincture 3 x daily.

Capsules: 2 caps. 3x daily.

Harvest: summer (root) spring.

Combines: Parsley, ginger root, licorice, uva-ursi.

Contra-indications: Pregnancy.

Interactions with some medications like: Cipro, Noroxin, Trovan, Penetrex, lithium, Amiloride, Midamor, Spironolactone, Triamterene.