

Dandelion

-Taraxacum officinale-

Dandelion is a classic spring herb traditionally valued for supporting digestion and gentle daily detoxification. Every part of the plant has been used historically, with leaves, root, and flowers each offering distinct benefits. Its bitter qualities stimulate digestive function while its mineral-rich nature supports overall vitality.

Plant Profile

- Family: Asteraceae
- Parts used: Leaf, root, flower
- Energetics: Cooling, drying
- Taste: Bitter, slightly sweet (root)
- Affinities: Liver, digestion, kidneys
- Primary actions: Bitter tonic, diuretic, digestive stimulant, nutritive

Working With Dandelion

- Leaf infusion: daily mineral support
- Root decoction: digestive and liver support
- Roasted root: coffee substitute, digestive tonic
- Flower honey: mild digestive and seasonal support
- Blends well with: burdock, nettle, yellow dock, chicory

Safety Note

- Generally considered safe as a food-like herb
- Use caution with bile duct obstruction
- May increase urination due to diuretic action

Traditional uses include:

- Sluggish digestion
- Bloating after meals
- Gentle liver support
- Water retention
- Spring tonic preparations
- Mild constipation related to sluggish digestion
- General nutritive support

