PLANTS & HERBS

# Dandelions Are Not Weeds! They Build Your Bones better than Calcium & Detox the Liver & Relieve Psoriasis & Eczema

By bestfolkmedicine · 19/05/2019 · 2 min read



*Definitely more than a weed, dandelion is an excellent food and natural remedy. This nutritious plant has long been used in cooking, but in folk medicine too. It is believed to be of great aid for health issues like psoriasis, eczema, blood disorders, depression, and anemia.*

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*Rich in some pretty amazing nutrients like vitamins A and C, potassium, iron, fiber, magnesium, zinc, phosphorus, and calcium, dandelions really have a lot to offer. Plus, they contain more protein than*

*spinach, believe it or not! This being said, it definitely needs to be more frequently used and appreciated.*

*The vitamin K in dandelion can supply you with 500 percent of the recommended daily amount. This is a pivotal fat-soluble vitamin which we need for a healthy heart and bones. If you still have doubts whether to start using this amazing plant on a more regular basis or not, continue reading the article.*

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*We will present the top health benefits you can reap from dandelions!*

**The Best Health Advantages of Dandelions**

- **Better the digestion-**being a diuretic, dandelion can boost your digestion by balancing the bacteria in the intestines and regulating the appetite. Moreover, it aids the kidneys in the removal of surplus waste and water by encouraging urine production.
- **Improve the liver health**– according to a 2017 study; the polysaccharides in dandelion have a great effect on the liver's functioning. It will also help the liver function optimally through the elimination of toxins and supplying it with electrolytes. Moreover, dandelions have antioxidants able of fighting off free radical damage to DNA and cells and thus, slow down the aging process.
- **Fight off cancer-** several studies have found dandelion to be highly beneficial in the fight against cancer.
- **Regulate diabetes-** in some animal studies, it was concluded that dandelions have the capacity to balance the blood sugar and insulin levels by managing the lipid levels.
- **Balance the blood pressure-** being abundant in potassium and fiber, dandelions are great for people suffering from high blood pressure.
- **Reduce bad cholesterol-**several studies done with animals have discovered that dandelions are capable of reducing the bad cholesterol levels and balancing the overall cholesterol.
- **Minimize inflammation**-since dandelions contain antioxidants, phytonutrients, and fatty acids, they can help you decrease inflammation and pain.
- **Strengthen the immunity-** some studies on dandelions have discovered that it has the power to boost the immunity and fight against bad bacteria and microbes.

**How Can You Use Dandelions?**

- Eat them raw

- Eat them sautéed
- Use them to make dandelion tea

Sources:

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