

# Dandelion (*Taraxacum officinale*)

## Other Common Names:

Dent de lion, Plant of Jupiter, Sun flower.

## Origin:

Though it is at home in all parts of the north temperate zone it is also common in the Southern Hemisphere and is found plentifully throughout Aotearoa.

## Origin description:

The generic name of this plant comes from the old French "dent de lion" which means lions teeth. It is thought this name comes from the somewhat fanciful resemblance of the leaf to the teeth of a lion.

## What's in it?

Taraxacin, choline, inulin, phytosterols, tannins, mucilage, glycosides, triterpenoids and up to 5% potassium.























## Are all Dandelion remedies the same?

Dandelion remedies vary greatly. This herb is prepared as an ointment, tea, oil infusion, tincture or is available in capsule form. The medicinal properties of Dandelion root are most accessible by the human body in tincture form.

## How does it work?

Dandelion has an opening and cleansing quality and is therefore very effective at removing obstructions of the liver, gall bladder and spleen and diseases arising from them such as poor digestion and low energy. Through clearing the meridian (part of the energy grid that runs through the body) that connects the liver to the skin, skin conditions such as eczema are then cleared effectively. For those who experience problems with low energy, blood sugar levels and/or water retention Dandelion can be effective.

Dose: 20-30 drops in water twice daily.

Problem	Women	Men
Low energy.		
Mood Swings.		
Irregular blood sugar levels.		
Diabetes.		
Digestion.		
Gall bladder inflammation.		
Stress.		
Liver conditions.		
Low kidney functioning.		
Rheumatism/gout.		
Eczema.		
Blood tonic.	