



DANDELION & BURDOCK SPRING LIVER TONIC

Known to aid liver, kidney, spleen, lymphatic and gallbladder functions, this herb duo also gently detoxifies and is especially effective during the spring season.

You might turn your efforts to cultivating instead of destroying these humble plants when you discover their deep healing benefits. These tenacious wild plants have the ability to thrive no matter what condition they are put under which says a lot about their healing abilities. Dandelion and burdock are a popular combination with a long history of medicinal use throughout the world. Working synergistically, they are known for very gentle yet effective detoxification, primarily promoting a healthy liver. This duo also helps kidney, spleen, lymphatic and gallbladder functions. Best of all, they are restorative and rejuvenating herbs. Dandelion and burdock are especially effective during the spring season, a time when the liver needs special attention.

Cooling and alkalizing, their action on the liver is nourishing and toning, helping to cleanse and eliminate long-term impurities from the blood very rapidly. In Traditional Chinese Medicine, dandelion and burdock cool an overheated liver, which also helps calm irritated or nervous emotions.

Prepare as a Tea

ENJOY THE EARTHY, SWEET + SLIGHTLY BITTER FLAVOR

1 tsp each dandelion and burdock root in 1 cup water. Decoct for 20-25 minutes. During spring time cleansing, drink 3-4 cups daily, alone or in elixirs



Dandelion leaves are one of the richest sources of beta-carotene and the leaves are traditionally used to help lower blood sugar. If you have a chemical-free lawn, let the dandelions grow and pick the young greens early in the spring.

Dandelion's focus is liver-kidneys, whereas burdock's focus is liver-skin. Throughout time, dandelion has specifically been used for the increase production of bile, to help build more iron in the blood and decrease fluid retention in the body. Dandelion has a stronger diuretic ability, which helps eliminate toxins through urine. Burdock has a particular value on treating skin problems (internally and externally) such as acne, eczema, dandruff and psoriasis. Burdock has an affinity to cleanse the lymphatic system with its diaphoretic (ability to sweat) action, helping to clear skin conditions.

To help build up the body, this duo is concentrated in nutritive components and minerals such as iron, potassium, magnesium, silicon and other trace minerals. The bitter compounds in these roots improve digestive functions by stimulating salivary juices, gastric juices and bile by the liver and gallbladder, aiding the assimilation of nutrients.



Did You Know that traditional herbal Root Beer tea contains dandelion and burdock?



Burdock leaves can also be harvested and cooked like any other vegetable. If you find fresh burdock root at the market, scrub well, peel if the outside seems particularly tough and slice into 1/4 to 1/2 inch rounds or grate - add to soups and stews. Burdock tea may be placed in bathwater for dry itchy irritated skin.

Cooling Liver Tincture

1 part Burdock root

1 part Dandelion root

1/4 part cinnamon bark (optional)

40% alcohol, unpasteurized apple cider vinegar or glycerin

Put herbs in a clean dry glass jar. Pour enough alcohol over the herbs to completely cover them by 2-3 inches, put tight fitting lid on. Let the herbs soak for 3-6 weeks in a dark space. Strain the herbs from the liquid and pour into clean jar. Take 1/2-1 tsp 3-4 times a day.

Dandelion and burdock share diuretic properties that help rid body tissues of dangerous toxins and excess water weight through increased kidney functions. These herbs contain adequate amounts of potassium that help replenish rather than deplete the body from the diuretic effects. The diuretic compound sesquiterpene lactone is found in both the root and leaves.

Dandelion and Burdock contain inulin which helps feed the healthy bacteria in the colon. A starch that is important in the metabolism of carbohydrates, inulin also has immune-stimulatory functions.

Dandelion and Burdock are considered "medicinal foods" with no harmful side effects. Because of their cleansing effects, remember that an excess of toxins in the bloodstream can cause low level skin eruptions, fatigue, headache and general malaise.

"WHAT IS A WEED?
A PLANT WHOSE
VIRTUES HAVE
NEVER BEEN
DISCOVERED".

-RALPH WALDO EMERSON