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Dandelion Tea for Your Liver

Dandelion contains taraxacin, which is known to promote liver bile excretion. The compound also assists in the breakdown of fat and detoxification of the liver. If your liver is working right, it helps your gallbladder do the same. However, avoid dandelion if you are diabetic.

Pour one cup of hot water over one teaspoon of dried dandelion root. Cover cup for five minutes. Strain the mixture. Mix in one teaspoon of honey. Drink up to three times a day for about two weeks.

Another way to prepare dandelion tea is to mix one teaspoon of Oregon grape root, two teaspoons of marshmallow root and four cups of water. Bring to a boil and then simmer for 15 minutes. Add one teaspoon of dried peppermint leaves and two teaspoons of dried dandelion leaves to the mixture, cover and steep for 10 – 15 minutes. Strain the mixture and enjoy drinking throughout the day.

***These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.**

Sources: NewHealthAdvisor