



The Yellow Miracle in the Meadow



The dandelion is one of the first plants to bloom after winter and is therefore one of the very first food sources for bees. It even blooms twice a year and grows not only in lush meadows but also displays its yellow splendor in inhospitable places like roadsides.

**Its robust nature and resilience are key to its overall effectiveness:
it preserves and strengthens vitality.**

Many companies now offer fresh plant juice ready-made. However, today I'd like to show you how it has been used for centuries. You can find various recipes for its use here [1].

What are the health benefits of dandelion?

* It regulates digestion by positively influencing the liver and gallbladder. This improves fat metabolism. Therefore, it is also used as a medicinal plant for jaundice, gallstones, and liver cirrhosis. If you suffer from bloating, a feeling of fullness, heartburn, or stomach cramps, you'll definitely benefit from its effects.

* It strengthens kidney function and counteracts the formation of kidney stones. It is beneficial in all cases where the detoxifying ability of the kidneys is needed. This includes rheumatic symptoms, but also skin irritations such as itching, poor wound healing, or insect bites. Dandelion has a diuretic effect, but unlike chemical diuretics, which flush them out, it supplies the body with important minerals such as calcium, magnesium, and potassium.

Valuable nutrients in dandelion

It contains vitamins A, B1, and B2. Like many other wild plants, its leaves have a significantly higher vitamin C content than most vegetables [2]. 100 grams contain approximately 3.3 g of high-quality protein, more than protein-rich vegetables such as kale, Brussels sprouts, or spinach. It also contains iron and bioactive plant compounds such as bitter substances and flavonoids. All of these components have antioxidant properties. Therefore, there are studies suggesting its effectiveness in treating cancer [3].

How and when do you use dandelion? I personally use the blossoms for tea whenever they're available. For each cup (about 250 ml), I use 8 freshly picked blossoms, pour boiling water over them, and let the tea steep for ten minutes. You can do the same during winter time with chopped and dried leaves and blossoms. For my winter supply, I collect the blossoms in full sun and use the young, tender leaf shoots in spring. The young leaves are delicious in salads and, finely chopped, enhance any dish as a seasoning.

Apply the white, antibacterial, and anti-inflammatory sap from the stems directly to all kinds of skin irritations two to several times a day until the symptoms improve. This includes corns, calluses, and warts.

The dandelion root can extend more than a meter into the ground. There are also uses for it [1]. I don't dig it up myself and prefer to enjoy its above-ground gifts year after year.

Conclusion: This natural miracle deserves high appreciation, because the dandelion transmits its resilience and vitality to all those who know how to use it [4].

Literature:

[1] <https://www.kostbarenatur.net/anwendungen-und-inhaltsstoffe/gewoehnlicher-loewenzahn/>

[2] <https://www.quellonline.de/wildpflanzen-wirksame-antioxidantien/>

[3] <https://www.zentrum-der-gesundheit.de/ernaehrung/lebensmittel/kraeuter/loewenzahn>

[4] <https://www.hollandandbarrett.gr/en/hnb-wellness-blog/health-wellness/101/dandelion-what-are-its-health-benefits/>

