

# NATURE MAKING IT EASY: THE PLANT AS NUTRITIVE MEDICINAL.



Pharmaceutical/synthetic drugs can save lives in serious, acute diseases & may alleviate or even cure some chronic problems, but they are very poorly suited to the vast majority of chronic and minor ailments that fill

the void between health & acute disease - a void left by the medical establishment when it began its romance with 'miracle drugs' such as penicillin.

In contrast to the single-mindedness of synthetic/pharmaceutical drugs which typically contain a very select & specialized compound or two, plus filler, usually non-nutritive, the biochemical compositions of plants are varying, complex, and subtle. The pharmacology of dandelion is especially diffused, and this astonishingly broad array of balanced constituents makes it a highly effective medicinal for a dizzying array of conditions.

Dandelion is also perfectly safe to eat in quantity; it has no known contraindications; and according to the USDA it is one of the most nutritive of green vegetables in overall nutritional value. It is a perfect exemplar of the truth that the best food is the best medicine: the best medicine, the best food.

In many ways, dandelion is a superlative representative of the strengths of phyto-medicinals (herbs). Its abundance, its safety, its applicability in so many areas, its effectiveness, make it, in the words of renowned herbalist Susun Weed, "the family doctor supreme."

This notion is categorically not a holistic healthcare fad. We see the richness of dandelion's medicinal profile reflected in specific medicinal actions. For example, dandelion has diuretic qualities, but unlike most conventional diuretics which cause an overall loss of potassium in the body, dandelion leaves contain high levels of potassium, giving a net gain of the mineral even as it helps you pee.

This incredible balance of properties makes dandelion particularly valuable when it is incorporated as a regular part of the diet, so that the appropriate bioactive substances are present as the body needs them.

There exists a wealth of material on dandelion's many healing properties & actions, written in language comprehensible by everyone from degreed pharmacologists to people with no interest at all in taming a medical vocabulary. The web is a good place to tailor your search to suit your own level of knowhow.

Arguably the most readable monograph on dandelion yet in print appears in Susun Weed's "Healing Wise" (Ash Tree Publishing, 1989), a text that is proving seminal in advancing the philosophy & practice of workable, home-based medical care.

Difficult as it is to draw the distinction between dandelion's nutritive and medicinal profiles (the distinction is entirely illusory, after all), here's the briefest lay-gardener's overview of dandelion's healing uses.

✦ Dandelion is one of the most reliable alternatives in the materia medica of the world's temperate zones - an alternative is a plant or procedure that stimulates broad-based changes of a defensive or healing nature in metabolism or tissue function where there is chronic or acute disease. An alternative gradually restores health & vitality to the body by helping the body assimilate nutrients, eliminate waste & restore proper function.

✦ Dandelion functions as a general tonic for overall health; and also has a specific affinity for particular organs. Working principally on the liver, gall bladder & kidneys, it encourages the steady elimination of toxins due to infection or pollution. It is excellent in treating chronic inflammatory conditions. Dandelion has major therapeutic benefits for a sweeping range of conditions including but not limited to:

arthritis • asthma • high blood pressure • fluid retention • eczema-psoriasis & other skin disorders • headaches with nausea • hives • chronic constipation • a broad range of liver conditions • allergies • hemorrhoids • varicose veins • PMS with breast tenderness • cystitis • urethritis • diabetes • osteoarthritis & other degenerative joint disorders • intestinal & colon congestion • cancer prevention & cure • anemia • gout

"THERE IS PROBABLY NO EXISTING CONDITION WHICH WOULDN'T BENEFIT FROM REGULARLY CONSUMING DANDELIONS." - S. WARDELL