

Dandelion [can help to fight](#) inflammation, boost your immune system, act as an anti aging agent in skin care products and even treat type 2 diabetes, cancer, and HIV. And now we can use it [to prevent Covid-19](#) infections as well as its many mutations! The triple mutation spike also showed the same inhibition in the presence of the dandelion extract, with about 80% inhibition irrespective of the time of extract treatment. These being more infectious strains, such efficacy shown by dandelion extract shows great promise against infection by new variants of Covid-19.

Even with a dosage of 4-10 grams 1-3 times a day, there is a high margin of safety, and no reported cases of overdosage so far. Few known contraindications exist, so what are we waiting for! If you don't want to eat 1/2 cup of bitter leaves, you can add them to your morning juicing, smoothie or salad. You can cook up the leaves with spinach. Tea can be made from fresh or dried leaves. Add ginger and lemon juice.

18 Benefits of Dandelion Backed by Science

1. One of the most effective toxin removers (blood, lymph and liver cleanser) Good for boils if they keep recurring.
2. Highly nutritious. Dandelion is a source of fibres and vitamins A, C, K, E, folate and small amounts of other B vitamins. It provides minerals like iron, calcium, magnesium and potassium.
3. Dandelions are rich in antioxidants that help neutralize or prevent the negative effects of free radicals in your body to help prevent aging and cell damage.
4. Boosts immune system. Studies have found that dandelion extract has an antiviral and antimicrobial effect.
5. May fight against HIV. Studies have demonstrated that dandelion extract powerfully acts against HIV-1. It is also effective at destroying Covid-19 spike proteins (all the variants)
6. Promotes liver function and is an excellent liver cleanser. Studies suggest it for the prevention and treatment of obesity-related non-alcoholic fatty liver disease. (Dandelions stimulate the appetite and have a tonic effect.)
7. May help fight inflammation. Excessive inflammation can lead to permanent damage to your body's tissues and DNA. Studies have revealed that dandelion can be an anti-inflammatory agent.
8. May help to treat anaemia. Because of its high iron and zinc content.
9. Support the treatment of chronic ulcers, joint stiffness and tuberculosis.
10. May help to control blood sugar and type 2 diabetes. Chicoric and chlorogenic acid are two bioactive compounds in dandelions which may help reduce blood sugar and stimulate digestion.
11. Dandelions are used as a diuretic, for increasing the production of urine. (They work like water)
12. May lower blood pressure. Dandelion may lower blood pressure due to their diuretic effect and potassium
13. May reduce cholesterol. Some of the bioactive compounds in this plant may lower cholesterol, which may decrease heart disease risk.
14. Relieves the body of excess heat
15. May help to lose weight. Some researchers theorize that dandelion's ability to improve carbohydrate metabolism and reduce fat absorption may lead to weight loss. However, this notion needs further studies.
16. Kills cancer cells. Other test-tube studies have shown that dandelion root extract has the capacity to dramatically slow the growth of cancer cells in liver, colon and pancreatic tissue.
17. Supports bile secretion, healthy digestion and fights constipation. One animal study revealed a significant increase in the rates of stomach contractions and emptying of stomach contents into the small intestine in rats who were treated with dandelion extract.
18. May be a useful skincare treatment to protect against skin damage and fungal infections.

Boils appear as red, elevated bumps, often with a yellowish-white top due to the accumulation of pus. Bacteria infected hair follicles are involved with boils and must be disinfected. Tea tree oil or propolis tincture are natural antibiotics. Poultices can be used. Do not pick at them!

Here is a good link for [tissue salts to treat boils](#), I have often seen it work!

1 Ferrum phos and Kali Mur can clear up a [developing boil, even prevent pus formation](#).

2 Silicea will expel the pus

3 Calc sulph to clear up the wound. [It brings more oxygen into the blood.](#)

Acne Can be due to hormonal problems (Chasteberry) or reaction to cosmetics (comedogenic) . [See our website](#)

Sore Joints can be from damaged cartilage, inflammation. Omega 3 oils, calcium and magnesium.

[See our A-Z guide to ailments](#)