



BUBBIE'S *Did You Know...* HERBAL FACT

Dandelion and Liver Support

A 2016 systematic review of 13 human and animal studies found that dandelion (*Taraxacum officinale*) may help support liver health by improving liver enzyme levels and reducing oxidative stress.

Promising short-term evidence

**Liver enzymes improved • Oxidative stress reduced
Liver function supported**

Evidence quality was rated moderate; more high-quality studies are needed to confirm long-term benefits.

SUPPORTING EVIDENCE

Salehi et al., *Phytotherapy Research* (2016)
pubmed.ncbi.nlm.nih.gov/27522935

Bible Verse

"The Lord sustains
them on their sickbed and
restores them from their
bed of illness."

Psalm 41:3 (NIV)

BUBBIE'S Herbal Tea Recipe Dandelion Detox Liver Support Tea

INGREDIENTS

- 2 cups water
- 1 tbsp dried dandelion root
- 1 tsp dried dandelion leaf
- 1 tsp milk thistle seeds, crushed
- 1 tsp fresh ginger, sliced
- 1 tsp honey, optional
- Slice of lemon, optional

DIRECTIONS

Bring water just to a boil.
Add dandelion root and milk thistle.
Simmer 15–20 minutes.
Add dandelion leaf and ginger.
Simmer 5–7 minutes more.
Strain and add honey and
lemon if desired.
Sip warm to support
your liver and digestion.

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