

# Dandelion



## HEALING PROPERTIES

Dandelions are thought to be annoying weeds that take over lawns and gardens, however, this plant has many health benefits. It promotes and stimulates digestion, helps prevent water retention in the kidneys, detoxifies the liver, boosts antioxidant activity, aid in regulating blood sugar levels, helps manage high blood pressure, reduces cholesterol levels, helps the gallbladder and so much more.

## HOW TO USE DANDELIONS

There are many different ways you can use dandelion! You can use them in wish and luck spells, dream magic, sun magick, creativity spells, inspiration spells, divination and more. You can press dandelions into your Book of Shadows or Grimoire for some added solar magick. Use the benefits of dandelion in kitchen magick, make bouquets for woodland offerings and drive out negative energies by making a bouquet of them in your home. You can also make or purchase dandelion tea to drink before any divination practices for greater clarity and insights.

## WHERE CAN I GET DANDELIONS?

They overwhelm meadows, soccer fields, and are the bane of golf courses. They even pop up in cracked sidewalks and pavement. Dandelion is invasive and pervasive, however it's also excellent food and herbal medicine anyone can find, grow, and put to use! You can harvest your own, however, try to stay away from pesticides, fertilizers, and other chemicals. The ones in your lawn are not usually the best. Instead, pick them from a mountain meadow or abandoned lot. You can even get some seeds and grow your own! Many grocery stores carry dandelion tea, as well. It is pretty bitter tasting, but honey definitely helps!

## WARNINGS

Dandelion is generally considered safe in food and medicinal levels. Some people may have allergic reactions to dandelion. Anyone with an allergy to ragweed, chrysanthemum, marigold, chamomile, yarrow, or daisy should avoid dandelion, and anyone pregnant, nursing, or taking prescription drugs should talk to a health care professional before adding something new to their diet. Because dandelion extract goes through the blood, liver, and kidneys when ingested, it may interact and cause changes in the prescribed effects of some drugs: Antibiotics, Diuretics, Anti psychotics, Antidepressants, Blood pressure medications, Hormone pills, Other herbal medicines. Make sure you do your research first!