

Handout Helping your Liver:

BURDOCK ROOT

What if I told you that a certain plant's roots could detoxify your blood, [lymphatic system](#) and skin? Would you be interested? Then you should know about burdock root.

Burdock root has been valued across continents for thousands of years for its ability to purify blood and cool internal heat. Internally and externally, it has potent anti-inflammatory and antibacterial effects on the human body. Recent studies also show that burdock contains phenolic acids, [quercetin](#) and luteolin, which are all powerful, health-promoting antioxidants. (1) Similar to [dandelion tea](#), you can make burdock root tea, and it can also be found in supplement form or be

circulation to the skin surface, which improves skin health.

2. Lymphatic System Strengthenener

Essentially, the lymphatic system is the the body's inner "drainage system," a network of blood vessels and [lymph nodes](#) that carry fluids from tissues around the body into the blood and vice versa. If you can make your lymphatic system stronger, then you can help your body ward off all kinds of disease and serious health issues. Burdock root helps induce lymphatic drainage and detoxification. As a natural blood cleanser, it has a wonderful effect on the lymphatic system. (4)

3. Natural Diuretic

[Diuretics](#) stimulate the kidneys and help the body get rid of excess fluid, mainly water and sodium. Burdock root is a natural diuretic so through burdock consumption, you can naturally and easily help your body to eliminate excess water by increasing urine output. By elevating the rate of urination, burdock root can help to remove waste from the blood and body. (5)

If you have issues with fluid retention, you should ask your doctor about trying burdock root before resorting to prescription products.

4. Skin Healer

Topical products containing burdock root have offered relief from pesky skin issues for ages.

From [acne](#) to [eczema](#) to [psoriasis](#), burdock root is known to calm and heal these common skin issues. Consumption of burdock has also helped many people with skin issues through its blood-cleansing and internal cooling abilities.

Scientific studies have even shown that burdock extract can even improve the clinical signs of aging skin! One 2008 study showed that topical treatment with a natural burdock extract significantly improved the metabolism of the dermal extracellular matrix and led to a visible wrinkle reduction. (6) For good reason, we're likely to see burdock root being used more and more in skin care products, especially for mature and dry skin.

5. Defend Against Diabetes

Burdock root contains [inulin](#), a soluble and [prebiotic](#) fiber that helps improve digestion and lower blood sugar, making it an excellent choice for people trying to naturally manage their blood sugar. In Europe, the fresh root is used for lowering blood sugar, its inulin content making it particularly suitable for diabetes. Animal studies have also shown burdock root's ability to decrease the severity of diabetic complications, especially [diabetic retinopathy](#). (7)

6. Combat Cancer

European physicians of the Middle Ages and later used burdock to treat cancerous tumors (as well as skin conditions, venereal disease, and bladder and kidney problems). Many herbalists today say burdock root can

BURDOCK ROOT

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Nutrition Facts

One cup of raw burdock root contains about:

CALORIES 85 kcal | DIETARY FIBER 3.9 g | PROTEIN 1.8 g
FAT .2 g | CARBOHYDRATES 20.5 g

Vitamin B-6	.3mg 14% DV
Manganese	.3mg 14% DV
Magnesium	44.8mg 11% DV
Potassium	363mg 10% DV
Folate	27.1mcg 7% DV
Vitamin C	3.5mg 7% DV
Phosphorus	60.2mg 6% DV
Calcium	48.4mg 5% DV
Iron	.9mg 5% DV
Copper	1mg 5% DV

eaten as a vegetable. What does it taste like? Burdock has a pleasantly crunchy texture and an earthy, sweet flavor that's similar to [lotus root](#) or [celeriac](#). Read on to find out just how awesome burdock root truly is, including the medicinal uses of burdock in treating serious chronic diseases like cancer and diabetes! (2)

9 Amazing Burdock Root Benefits

The benefits of burdock root are wide-ranging and sure to impress. Here are some of the top ways it can seriously improve your health.

1. Blood Purifier

In traditional herbal texts, burdock root is described as a "blood purifier" or "alterative" and was believed to clear the bloodstream of toxins. (3) Burdock root has active ingredients that have been found to [detoxify heavy metals](#) from the blood, improving organ health and the health of the whole body. It also promotes blood

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stop cancer cells from metastasizing, making it a potential [natural cancer treatment](#). In fact, animal studies of mammary, colon and pancreatic cancer have shown promise for burdock's ability to fight against cancer. (8)

One big reason burdock shows promise for naturally fighting cancer is the fact that it contains arctigenin. Arctigenin is a lignan found in certain plants of the *Asteraceae* family, including greater burdock (*Arctium lappa*), which has been shown to combat cancer cells by selectively stopping the proliferation of cancer cells and by inhibiting the cancer cells' production of particular proteins (NPAT proteins), hence crippling cancer's ability to reproduce. (9)

Another study found that arctigenin was a cancer-specific [phytochemical](#) that killed human lung cancer cells, human liver cancer cells and human stomach cancer cells. (10) Studies like this are proving what many have believed for years — that burdock root is a

seriously effective natural cancer fighter!

7. Improves Arthritis

Burdock root is known for its powerful anti-inflammatory abilities, even helping to [soothe arthritis](#). A study published in the *International Journal of Rheumatic Diseases* showed that burdock root tea improves inflammatory status and oxidative stress in patients with knee

burdock root vs. dandelion

BURDOCK ROOT	DANDELION
<ul style="list-style-type: none">• Cleanses the blood• High in vitamin B6 & magnesium• More calories• Higher in carbs• Lower in sodium	<ul style="list-style-type: none">• Cleanses the liver• High in vitamins K & A• Less calories• Lower in carbs• Higher in sodium
SIMILARITIES	
<ul style="list-style-type: none">• In the Asteraceae plant family• Treats diabetes• Improves skin conditions• Natural diuretics• Loaded with antioxidants• Detoxifying• High in fiber• Protects bones	

Dr. Axe

osteoarthritis, also known as [degenerative joint disease](#).

Subjects were given three cups of burdock root tea per day for forty two days and were then assessed for inflammatory markers, such as high-sensitivity [C-reactive protein](#). The results showed that burdock root tea can significantly help people suffering from osteoarthritis by lowering inflammatory markers. (11)

8. Helps Treat an Enlarged Spleen

If you suffer from an [enlarged spleen](#), burdock root can help. The spleen is a vital “guardian” organ that we rely on to keep the body free from infections, viruses and all kinds of dangerous pathogens. An enlarged spleen is a clear warning sign that the immune system is fighting hard to remove threats from the body but failing to do so because it can't keep up with high demand.

Your spleen is in constant contact with your blood so as burdock root cleanses your blood, it also cleanses and protects the spleen. It can help the spleen because

it improves blood quality as well as liver health, circulation and fights inflammation. Improving those four factors has a direct positive effect on spleen health so you definitely want to include burdock in your spleen-healing lineup. (12)

9. Fight Tonsillitis

Burdock root can help get rid of painful [tonsillitis](#). Acute tonsillitis is a type of inflammatory virus that causes tissues within the tonsils to become infected with harmful bacteria. Burdock root is helpful to tonsillitis because it increases wound healing, decreases inflammation, and helps to relieve coughs, sore throats and pain. (13)

Burdock Root vs. Dandelion

How exactly does burdock compare to dandelion? Both are members of the *Asteraceae* plant family and have been used in their entirety for traditional as well modern medicine for years. Both burdock root and dandelion are excellent for diabetes and skin conditions. They're also natural diuretics that are [loaded with antioxidants](#). Dandelion is specifically excellent at [cleansing the liver](#) and protecting the bones while burdock is an amazing blood cleanser, which also makes it very helpful to liver health. Burdock is also helpful for bones, particularly osteoarthritis. Dandelion is high in fiber as well as vitamins A, C and K, while burdock is equally high in fiber as well as vitamin B6, potassium and magnesium.

(SOURCE JOSH AXE)

About Susan Rose

Susan is a specialist in harnessing subtle energy fields for health, productivity and happiness. As a Naturopath, she has trained in Functional Medicine (with the Kresser Institute), Traditional Chinese Herbology, Western Nutrition, Allergy Antidotes and Nutritional Supplements. As a Hypnotherapist, Susan has trained in Holographic Memory Resolution and Zpoint Process. She uses Applied Kinesiology, Energy Psychology and Hypnosis in her online programs for health, productivity and happiness. After a corporate career in business consulting, Susan fell in love the concepts of subtle energy through Traditional Chinese Medicine in 2004, and has never looked back!



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