

Dandelions - An Ugly Duckling??

by Jane E.B. Fry, M.Ed.



Dandelion Leaves - Do you know that

Dandelion leaves are so rich in carotene that they are considered a cancer preventive? Rich in vitamins A, B complex, C and E, as well as calcium, iron and potassium, the Dandelion was referenced as a medicine

in Avicenna's "Herbal of Middle Ages (Hobbs, 1985)". Dandelion leaves benefit those suffering from liver ailments, rheumatism, anemia, diabetes, gout, eczema and more.

Dandelion Juice - The juice of the roots is a cosmetic lotion. The tender, macerated leaves can also be used in a facepack on skin impurities, although they turn fabric magenta when used as a dye.

Dandelion Puffballs - The downy puffballs serve as a barometer: the seeds flying off, when there is no wind is a sign of impending rain.

Cayce and Dandelions - Edgar Cayce said that we need 80% of our diets to be vegetables and fruits with $\frac{3}{4}$ of those being raw and fresh. He also said that we need to eat locally grown foods. And Dandelions are local to all of us!! (Are you smiling?) Just be sure that the plants have not been sprayed with weed killer.

Dandelion Flower Essences - There are some Flower Essences (Bach remedies are flower essences) that anyone can harvest for themselves or their family. Liquid drops of dandelion flower essence create a tremendous relaxation throughout the musculature structure and strengthen the liver. Gurudas says that Dandelion flower essence can alleviate ulcers, fevers, leukemia and muscular degeneration.

Dandelion as food - Peter Gail, Ph.D. has a number of excellent recipe books on just Dandelion dishes. I enjoy dandelion soups, salads, omelets, pesto, main dishes, teas, desserts and more. A dandy dandelion use for me is in smoothies.

I call this creation my Cayce Smoothie (this creates 2 servings):

- 1 cup plain yogurt
- $\frac{1}{4}$ cup washed, drained, de-veined, chopped, loosely packed dandelion leaves
- 1 or 2 tsp honey (or 1 T no-sugar black cherry jam)
- 1 or 2 tsp almond butter
- 2 tsp unflavored gelatin

$\frac{1}{2}$ frozen banana or $\frac{1}{2}$ cup frozen applesauce

1 cup frozen black cherries

1 ice cube, optional

1 dash of sea salt

Small dash of cinnamon

Blend unfrozen ingredients, then frozen ingredients, until smooth.

Serve in chilled goblets with a garnish.

Note the Cayce recommendations of almonds, fresh greens, fresh fruits, gelatin, iron, calcium and yogurt vs. milk.

So! I ask you, is the dandelion an ugly duckling among plants or is it a beautiful swan?

[Newsletter Editor's Note: A search of the Cayce website revealed several references that specifically mention dandelions.

In two readings (404-3 and 499-1), Cayce said that the potashes (potassium) and iodines in the body must be in balance to correct the symptoms. Potassium nourishes the muscular system. Iodine protects the brain and nervous system.

In the report attached to the readings by Gladys Davis, dandelions and dandelion greens are listed as excellent source of potassium.

On that same search, several textbooks of Osteopathy mention dandelions for treatment of aphasia, headache, epilepsy, neuralgia, etc.]