3 Dandelion Root Uses

Hello [[firstname]],

In the ‘Benefits of Dandelion Root’ blog post, we talked about different reasons to add dandelion root to your diet. Now let’s go over ways to use it.

Dandelion root is something you think belongs in a salad, but it can be very beneficial to your daily health and supplement routine. Dandelion root offers benefits for liver function as well as detoxification of the body. This makes it ideal for starting off your diet and weight loss goals in a positive way. It can also help replace over the counter and chemical colon cleansing options that may leave you feeling worse or having side effects you don't want.

**Inflammation**

One of the leading ways that people use dandelion root is for inflammation. You can use the root in a tea, as part of juicing, or in a supplement form to help cut down on swelling around joints or in muscles. This is an ideal supplement for women who are having cramps or for someone who is experiencing inflammation after increasing their workout routines or taking on more high intensity workouts. The ideal method of using dandelion root for inflammation is in pill or capsule form so you can gauge your dosage and increase it or decrease it as needed.

**UTI Prevention**

Urinary tract infections can be painful and can get out of hand easily. In most cases you can tell when a UTI is about to start and help to reduce the symptoms with an over the counter remedy. If you are having an issue with taking an over the counter remedy, but you don't want to go with a prescription option due to the chemicals involved you can use dandelion root. Ideally, if you use it for a UTI you should be taking it wit a juice or smoothie as well as with a supplement drop or capsule daily. This will increase the amount of dandelion root running through your system and help flush out the toxins causing the UTI.

**Constipation**

If you are pregnant and experiencing constipation, or if you have IBS with constipation then you may want to consider taking dandelion root to help flush out your system. This can be taken in capsule form or as a liquid drop. The benefit of using it in a supplement liquid or capsule form is the same as with inflammation. You can gauge your dosages, record those dosages, and you can increase or decrease them as needed.

These are only three of the uses for dandelion root. There are many other uses that you can explore overtime and after you have discovered which methods work best for you in your daily routine.

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