

9 BURDOCK ROOT BENEFITS & USES

Burdock root is a natural antibacterial and anti-inflammatory that's packed with disease-fighting antioxidants. Like **dandelion tea**, burdock root can also be consumed in tea form. Burdock root benefits include the ability to detoxify the **lymphatic system**, purify the blood, protect against diabetes and more.

Burdock Root Benefits

1. Purifies Blood

Burdock root benefits include the ability to naturally purify the blood. Studies have shown that burdock root can help **detox heavy metals** from the blood and improve organ health. It also promotes healthy blood circulation to the surface of the skin, which can improve overall skin health.

2. Strengthens the Lymphatic System

Burdock root benefits include the ability to strengthen the lymphatic system. It helps induce lymphatic drainage and detoxification. By purifying the blood and improving the health of the lymphatic system, burdock root benefits also include the ability to fight off disease.

3. Works as a Natural Diuretic

Burdock root works as a natural diuretic to help stimulate the kidneys and induce detoxification. It promotes urination to help the body get rid of excess water and sodium that can cause bloating and water retention.

4. Heals the Skin

Burdock root benefits include the ability to heal skin issues, including **acne**, **eczema** and **psoriasis**. Burdock cools the body internally to help reduce inflammation and calm irritated skin. In a 2008 study, researchers found that burdock root was also able to improve skin health by visibly reducing wrinkles. (1)

5. Defends Against Diabetes

Burdock root benefits include the ability to protect the body from diabetes. It contains a soluble and **prebiotic** fiber called inulin. Inulin helps improve digestion and naturally lowers blood sugar levels. Studies suggest that burdock root is a beneficial addition to a diabetic diet. (2)

6. Combats Cancer

Research suggests that burdock root benefits include the ability to combat cancer. It contains arctigenin, a lignan found in certain plants. Studies have shown that arctigenin can help kill human lung cancer cells, human liver cancer cells and human stomach cancer cells.

7. Improves Arthritis

Thanks to its anti-inflammatory properties, burdock root benefits include the ability to improve arthritis symptoms. In a study published in the *International Journal of Rheumatic Diseases*, researchers found that burdock root was able to improve inflammatory status and oxidative stress in patients who suffer from degenerative joint disease. (3)

8. Helps Treat an Enlarged Spleen

Research has shown that burdock root benefits include the ability to treat an enlarged spleen by improving liver health, promoting circulation and fighting inflammation. Burdock root helps to strengthen the immune system and speed healing.

9. Fights Tonsillitis

Burdock root works as a natural remedy for **tonsillitis**, an inflammatory condition that causes the tissues in the tonsils to become infected. It helps to reduce inflammation, relieve pain and speed wound healing.

Side Effects of Burdock Root

When consumed as a food, burdock root is considered to be safe for use. Avoid burdock if you're dehydrated, pregnant or nursing. It may cause dehydration and has not been proven safe in pregnancy.