



Dandelion Recipes

Dandelion Enema

Ingredients:

- 2C boiling water
- 2 Tbsp dandelion leaves

Directions:

1. Make sure temperature of solution is comfortable before use
2. Perform once a day for 3-5 days

Dandelion Detox Enema

Ingredients:

- 4C boiling water
- 1-2 Tbsp dandelion leaves
- 1 Tsp mg sulfate (Epsom salt)

Directions:

1. Make sure temperature of solution is comfortable before use
2. Perform once a day for 5 days

Dandelion Recipes

Immune Builder Broth

Ingredients:

- 3c water
- 1 onion cut in half
- 5 cloves of garlic

Directions:

1. Boil 20 min
2. Add 2 Tbsp dandelion leaf

For inflammation

- 1 cup 1-2 X day



Dandelion Powder Recipe

Ingredients:

- 2-3 Tsp dandelion powder
- 4 oz water

Directions:

1. Mix it and drink it 1-2 X day