

## Milk Thistle The Liver Herb

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### Milk Thistle The Liver Herb

Prickly yet pretty, milk thistle is a plant with a long, thin stem, spiny leaves, and a purplish-pink thistle at the top. Often considered a weed, it has been used for hundreds of years as a ...

### Does Milk Thistle Help Your Liver? - WebMD

Milk thistle is one of the most studied and well-known herbs for liver protection and support. Also known by its scientific name, *Silybum marianum*, milk thistle is an herbal plant that has been used as a supplement for centuries to support liver function.

### Milk Thistle: The Best Supplement to Support Liver Health ...

Milk Thistle (*Silybum marianum*) is a thorny plant presenting decorative leaves with a white pattern of veins and purple flower heads. The plant originates from mountains of the Mediterranean region, where it forms scrub on a rocky base. The seeds of milk thistle are one of the most important herbal liver medicines.

### Milk Thistle - The Liver Herb

Although milk thistle is most often used for liver conditions, such as hepatitis and cirrhosis, the herb is believed some to prevent or treat high cholesterol, diabetes, heartburn, upset stomach (dyspepsia), hangover, gallbladder problems, menstrual pain, depression, and even certain types of cancer.

### Milk Thistle: Benefits, Side Effects, Dosage, Interactions

The Milk Thistle Liver Supplement's Job Description in Detail. The milk thistle liver herb is an excellent supplement, as it can help to deal with a number of problems in the liver, like: Cirrhosis and Fibrosis; Acute Viral Hepatitis; Alcoholic cirrhosis; NAFLD and NASH; Sensitivities to toxins and the environmental pollution around us; and ...

### Milk Thistle Liver Supplements for a Natural Liver Detox

Milk thistle (*silymarin*) is a flowering herb related to the daisy and ragweed family. It is native to Mediterranean countries. Some people also call it Mary thistle and holy thistle. What Is Milk ...

### Milk Thistle: Benefits and Side Effects - WebMD

Milk Thistle Uses. Milk thistle is an herbal supplement that is claimed to have numerous health benefits. However, it is primarily known for protecting your liver against alcohol, pollutants and other toxins, helping to regenerate healthy liver cells and improve your overall liver function.

### Milk Thistle | Uses, Benefits, Side Effects & More ...

The terms "milk thistle" and "silymarin" are often used interchangeably. Historically, people have used milk thistle for liver disorders and gallbladder problems. Milk thistle is promoted as a dietary supplement for hepatitis, cirrhosis, jaundice, diabetes, indigestion, and other conditions.

### Milk Thistle | NCCIH

Milk thistle is an herbal remedy derived from the milk thistle plant, also known as *Silybum marianum*.. This prickly plant has distinctive purple flowers and white veins, which traditional stories ...

### 7 Science-Based Benefits of Milk Thistle

Let's explore the herbs that help your liver and kidneys detox: 1. Milk Thistle. This herb has been used in medicine for thousands of years. Records show first-century Romans used it for liver health. The active ingredient in milk thistle that helps your kidneys and liver is called silymarin. What Does Milk Thistle Do For The Kidneys?

### 6 Herbs to Enhance Kidney and Liver Function - Microbe ...

Even though milk thistle is often incorporated into wellness support for acute issues, it is also useful as a tonifying herb and aids in general avoidance of liver damage. Herbalist Rosemary Gladstar notes that milk thistle is a powerful antioxidant that is useful in fighting free radicals and stimulating the liver.

### Milk Thistle: A Spring Herb Your Liver Will Love

Milk thistle was approved in 1986 as a treatment for liver disease and it is widely used to treat alcoholic hepatitis, alcoholic fatty liver, cirrhosis, liver poisoning and viral hepatitis. It has also been shown to protect the liver against medications such as acetaminophen, a non-aspirin pain reliever.

### Milk Thistle Benefits & Information (Silybum Marianum)

#1: Milk thistle detoxifies the liver. There is a reason why milk thistle is called the "liver herb." The flavonoid combo of silymarin (and especially the phytonutrient silybin) can help rebuild liver cells while it removes toxins from that organ at the same time.

### Milk Thistle Benefits: 15 Ways This Super Herb Can Improve ...

Milk Thistle has been shown to improve cirrhosis of the liver, fatty liver, some forms of hepatitis, and may also help lower cholesterol. Note: If you want to really detox your liver using Milk Thistle, actually eating the seeds in your food or tincturing it, along with taking a choline supplement (helps to metabolize the silymarin), is the best way for your body to utilize this herb.

### Herbs for Liver Support and Detox (Herbal Tea Recipes and ...

Milk Thistle is the main remedy used in Western herbal medicine to protect the liver. Its many metabolic activities help renew its cells. It is particularly helpful in treating conditions where the liver is under stress caused by infections, excess alcohol, and chemotherapy.

### Milk Thistle Benefits the Liver - Herbal Encyclopedia

This natural detoxer is renowned for its liver-boosting properties. So how does it work, and could milk thistle work for you too? Milk thistle, or *silybum marianum*, has been used as a herbal healer since ancient Greek times. In the middle ages, the leaves were used in salads, but these days the seeds are most commonly used in supplements.

### How milk thistle benefits the body | Holland & Barrett

The milk thistle plant has spiny leaves and reddish-purple flowers. It is sometimes called silymarin or wild artichoke. It appears to have a protective effect on the liver and is currently used to treat alcoholic hepatitis, liver cirrhosis, liver poisoning, and viral hepatitis; however research is ongoing.

### Milk Thistle (Silymarin) - iHerb

Blessed thistle (*Cnicus benedictus*) is a good tea herb, and has many of the liver benefits of milk thistle (though not the same degree of regenerative power). Common thistles (*Cirsium vulgare*) are also good and bitter - remember, bitter herbs of any kind are going to wake up and activate liver function, in addition to that of the other digestive organs.

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