

***“You don’t need to be better than anyone else, you just need to be better than you used to be.”***

- **Dr. Wayne Dyer**

I’ve always loved the writings of Dr. Dyer, probably because so much of what he wrote reminds me of my dad. The two men were clearly on the same page about so many things, but when I was younger, it always seemed to make more sense when Dr. Dyer said it. As I got older (and wiser), I realized that my dad was totally on point in what he said. I’m sure the same will happen with my son....and your children. The older they get, the smarter we’ll seem to them. That’s just life. But what I really love about this quote is that it’s a fantastic reminder that we don’t need to compare ourselves to others or try to “*keep up with or be better than the Jones*”. I think we’re all likely guilty of doing that. We look at posts on Facebook or X or any other social media platform and see all the wonderful things everyone but us seem to be doing. We compare our lives to theirs and it’s easy to let it impact us in an adverse way. But remember, no one posts about the negative things they may be experiencing. Behind their happy posts could be a lot of pain they’re trying to hide from the world. Therefore, the best thing we can do is live our own life to its very fullest, because none of us is promised tomorrow. Every day, enjoy your life and try to be a better person than you were yesterday. Today is a gift. Cherish it. Remember, people who don’t respect your growth and self-improvement have no place in your life. It’s totally fine to let them go. Never forget that you have the ability to become the most outstanding version of yourself.

Yours in health,

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### **The Surprising Benefits of a Common Weed**



As I continue my “*food as medicine*” series, I can honestly say I never considered this “*plant*” as food or even as medicine. Often dismissed as a pesky weed that shows up in your yard every year, dandelions are actually packed with benefits that will probably surprise you. Every single part of them is edible. They’re nutritionally dense, with more vitamins and minerals than kale and spinach. Did you know that dandelions can be found on every continent except for Antarctica? I had no idea, though it is native to North America. Since this is something that can probably be found in just about every yard across America, I decided it was a perfect topic to write about this month. If you decide you want to try it, keep in mind that its best to harvest the leaves in the spring and the roots in the fall. Interestingly, the leaves have jagged edges, which are thought to resemble the tooth of a lion, giving the dandelion its name. The roots are good for liver and gastrointestinal problems. Here are just a few more of the dandelion’s pretty impressive benefits.

**It’s a Nutritional Powerhouse.** Dandelion leaves, roots, and flowers are bursting with nutrients. Rich in vitamins A, C, E and K, they’re also an excellent source of folate, calcium, iron, magnesium and potassium. These nutrients play vital roles in maintaining healthy bones, boosting the immune system, and supporting overall well-being. The leaves, roots and flowers also contain several different antioxidants, including beta-carotene, polyphenols, and flavonoids, which can help protect your body against the free radicals that can damage your cells and lead to chronic diseases. Incorporating dandelion greens into your diet, whether in salads or teas, can be a simple yet effective way to enhance your nutritional intake.

**It’s a Digestive Health Booster.** Dandelion has long been used in alternative medicine to support digestive health. The root of the dandelion plant acts as a mild diuretic, promoting healthy digestion and supporting liver function. Dandelion tea, made from the roasted root, is a popular remedy for soothing digestive issues and detoxifying the liver. Additionally, it removes toxins from the body and can restore the body’s electrolyte balance, which can help improve liver health and function. The high fiber content in the leaves can aid in regular bowel movements and improve gut health.

**It's a Natural Anti-Inflammatory.** I've written about how Inflammation is the root cause of many chronic conditions, from arthritis to heart disease to even cancer. Dandelion contains compounds such as taraxasterol and beta-sitosterol, which have been shown to possess significant anti-inflammatory properties. Regularly consuming dandelion, in the form of teas, extracts, or fresh greens, may help reduce inflammation and improve overall health.

**It Can Help Manage Blood Pressure and Lower Cholesterol.** Since they're rich in potassium, dandelions are a natural diuretic. This helps remove sodium from the body, which can help lower blood pressure. Many people take prescription diuretics to control blood pressure. Wouldn't you rather treat it naturally? Additionally, animal studies have found that the extracts from the roots and leaves can naturally lower LDL cholesterol levels (the bad ones) and increase HDL levels.

**It's a Skin Care Superstar.** Beyond its internal benefits, dandelion can also work wonders for your skin. The plant's anti-inflammatory and antioxidant properties make it a valuable ingredient in skincare. Dandelion extracts are used in various cosmetic products to help soothe irritated skin, combat acne, and promote a healthy complexion. The sap in particular is useful in treating acne, inhibiting the initial formation of acne and helping to reduce scarring. A homemade dandelion face mask or a gentle dandelion-infused cleanser could be a natural addition to your skincare routine.

So now I'm sure you're probably wondering how on earth you eat this weed. The good news is it's really simple. Literally every part of it is edible. The leaves are kind of bitter, but have been compared to arugula, which I personally love. Cooking can take the edge off of the bitterness, but I think it's more beneficial to eat plants raw since cooking can destroy some of their nutrients. The yellow flowers can give color to a salad or be used fresh or dried to make dandelion tea. You can also infuse the flowers into oil or vinegar. An added benefit of the infused oil is it can help relieve muscle aches. The roots can be roasted and be made into a drink similar to coffee. I'm looking forward to trying that, but unfortunately, it doesn't provide any caffeine.

Most herbalists think long-term use of dandelion is needed for the best results. Keep in mind that since it's a diuretic, if you're taking a prescription diuretic, you should avoid consuming dandelion. If you're allergic to ragweed, you should avoid consuming dandelion. If you're taking prescription heart or blood pressure medication or blood thinners, be sure to consult with a trusted doctor before trying it because of its diuretic properties.

If you do decide to try dandelions, like with the Mullein I wrote about last month, be careful from where you harvest them. They often grow on lawns and in parks, which have likely been sprayed with chemicals in an attempt to eliminate them. These weed killers can be toxic to the body. Choose your plants wisely for consumption.

Keep in mind that plants dug up in the autumn tend to have more medicinal properties and higher levels of inulin (a type of fiber) than those harvested other times of the year. I'm not sure why this is the case.

If you want to try the tea, infuse 2 teaspoons of chopped roots into a cup of hot water for 15 minutes and drink twice daily. You can also add the flowers to make it more interesting. As with any diuretic, be sure to drink more water when consuming dandelion to ensure you stay hydrated.

Be sure to let me know if you try it.

Before I close, I need to touch on one more thing. I've been warning you about the coming push of Disease X or the bird flu. It sounds like the bird flu has been this election season's chosen pandemic by the ruling elite who want us to eat bugs while they enjoy lobster and filet mignon. I'm hearing there is already a bird flu "vaccine" that's been given emergency use authorization ("EUA"). Please do your research before you put another expedited, untested and experimental "vaccine" into your body. Instead, work on building your immune system and refer to my November 2021 newsletter for how to do that.

Have a wonderful month!