

ARTICHOKE

What is ARTICHOKE?

Artichoke is in the Milk Thistle family. Producing large flower heads, the petals and fleshy flower bottoms are eaten as a vegetable. It is popular for its pleasant bitter taste attributed to phytonutrients found in the green parts of the plant. Artichoke has been well documented and the leaves, rather than the flowers, have been found to be higher in medicinal value. The medicinal activity of the leaves are attributed to the presence of chlorogenic and caffeoylquinic acids, including other active constituents cynarin and luteolin. *

What are the benefits?

Artichoke leaf extract has demonstrated a beneficial effect on the gallbladder and has been shown to increase the production of bile, detoxify the liver and lower the level of cholesterol in the blood. Artichoke has demonstrated lipid-producing and anticholesterolemic action by decreasing the rate of cholesterol synthesis in the liver and by mobilizing fat stores from the liver and other tissues such as white adipose tissue; triglycerides are also shown to be reduced. Other compounds in Artichoke have been shown to help balance blood sugar. It is also known to neutralize acidity in the system and has diuretic activity and helps flush uric acid from the system. It nourishes the blood and helps relieve arterial pressure. Natural medicine includes its use for all types of liver and gallbladder disorders, including prevention of gallstones, liver diseases including those related to alcoholism, dyspepsia, chronic albuminuria, anemia, arteriosclerosis, diabetes, high cholesterol and kidney disease. It is used in Europe as an aid for supporting the digestion of fats and overindulgence of food and drink. *

Supplement Recommendation:

For the most effective benefits, look for a product that has been naturally extracted and grown or wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Helps to neutralize excessive acid in the body***
- **High in nutrients known to have diuretic effects***
- **Helpful in treating rheumatoid arthritis***
- **An auxiliary in the treatment of liver and digestive disorders***
- **Helpful in maintaining healthy cholesterol and triglyceride levels by reducing blood fats***
- **Liver detoxifying and protective properties***
- **Helps maintain a slim and firm figure***
- **An aid for overindulgence of food and drink***
- **Supports the digestion of fats***

Supporting Research:

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Mowrey, Daniel. *Herbal Tonic Therapies*. Ed. Keats Publishing 1993 USA

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Sary, Frantisek. *The Natural Guide to Medicinal Herbs and Plants*. Ed Dorset Press, NY, NY 1992

* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.