

Uses

ID	333
Crop ID	Meadow Salsify
Part	Root
Use Category	Medicinal
Notes	Goat's beard is considered to be a useful remedy for the liver and gallbladder. It appears to have a detoxifying effect and may stimulate the appetite and digestion. Its high inulin content makes this herb a useful food for diabetics since inulin is a nutrient made of fructose rather than glucose units and therefore does not raise blood sugar levels. The root is astringent, depurative, diuretic, expectorant, nutritive and stomachic. A syrup made from the root gives great relief in cases of obstinate coughs and bronchitis.
Metadata ID	7,471