

20 Health Benefits of Milk Thistle



20 Health Benefits of Milk Thistle

Milk thistle has been used for over 2,000 years as a natural treatment for liver disorders. The plant is known in scientific circles as the *Silybum marianum* (L.) Gaertner (syn. *Carduus marianus*), but it is more commonly known as “milk thistle,” “St. Mary Thistle,” “Holy Thistle” and “Lady’s Thistle.” It is an herbaceous annual or biennial plant belonging to the Asteraceae family that can grow to be ten feet tall with flowers that are red and purple in color.

For centuries, milk thistle has been used as the traditional medicine to treat some illnesses such as digestive problem, increase the bile production and especially reduce the inflammation. With all of these health benefits here are 20 health benefits of milk thistle.

1. Fight the Cancer

The great health benefit of milk thistle has been known as the cancer fighter. The milk thistle seeds are very rich in antioxidant flavonoid, silymarin. The antioxidant flavonoid such as silymarin has been analyzed in reducing and fighting the cancer cells. It works by stimulating and boosting the immune system and also fixing the DNA damage. That process will surely keep the cancer cells at bay.

2. Treat the Diabetes

Another great health benefit of milk thistle is that it powerfully treat and even heal the diabetes. According to numerous studies stated that the silymarin that contained in milk thistle will heal the diabetes. The silymarin will work very well with glycemic control associated to diabetes. Another property such as antioxidants of milk thistle can also reduce the blood sugar levels.

3. Treat the Skin Healthy

According to the studies revealed that the milk thistle is very effective to treat the skin condition. The phytochemicals of silymarin in milk thistle has been analyzed and it is very great to block the UV light and it can heal the stressed skin. This condition will significantly reduce the risk of skin cancer. In the same case the silymarin of milk thistle can fix the skin damaged such as radiated skin or skin burnt.

4. Lower the High Cholesterol

It has been known since long time ago that milk thistle is very effective to heal some diseases. One of them is cholesterol. According to some studies revealed that the milk thistle is very great in lower the high cholesterol. Besides, the silymarin of milk thistle is useful to treat the LDL and lower it very well.

5. Keep the Body away from Medication

The milk thistle is very effective in treating some health problems including to protect the liver from medication potential damage. The potential damages caused by medication can be such as acetaminophen. It can be reduced by taking the milk thistle. It will also reduce the risk of liver damage.

6. Anti-Aging Agent

The milk thistle is very great in treating some diseases and it has been used since many long time ago. It has also been proved that the milk thistle is very effective to treat the aging problem. Since it has the antioxidant, the milk thistle is very good in fighting the free radicals inside the body. The free radicals has been known as the first cause to make the aging faster. Thus by milk thistle, it will make the aging process slower.

7. Reduce the Risk of Heart Attack

Another great health benefit of milk thistle is that it can be used as the treatment to reduce the risk of heart attack. The silymarin of milk thistle is very great in working to prevent the heart attack by lower the high cholesterol. Thus, who wants to make the heart healthy can take the milk thistle too.

8. Treat the Kidney Stones

It is very good news for medical science that the milk thistle is very effective in treating the kidney stone. It will reduce the kidney stone and keep it at bay. For those who wants to keep the kidney healthy, You can take the milk thistle and it will slowly treat the kidney stone at bay.

9. Treat the Eyes Healthy

Eyes are very important for people. The vision health will be maintained by so many health herbs including milk thistle. The antioxidant of milk thistle is proved in treating the eyes healthy and it will lower the risk of vision problems. Thus, those for who wants to make the eyes healthy can take the milk thistle.

10. Anti-pollutants Agent

Another great benefit of milk thistle is that it can be used as the anti-pollutant agent. the milk thistle has the great antioxidative agent in which it can prevent the pollutants at bay and it will stimulate the positive effects to the body.

11. Treat the Muscles

Treating the muscles can be used by the milk thistle. According to some studies revealed that the milk thistle can be the effective way to treat the muscles disorders such as pain and joints.

12. Remove the Wrinkles or Spots

Milk thistle has been known too as the wrinkles remover. It is very good to maintain the skin health since it can protect the skin especially face from the damage and fix the skin disorders such as wrinkles or dark spots. The antioxidant can work very well in removing the dark spots and wrinkles.

13. Anti-Inflammation Agent

The milk thistle is well known by its anti-inflammatory agent in which it can make the diseases at bay. According to some studies revealed that the milk thistle is very great in making the body healthy by working as the anti-inflammatory agent.

14. Clean the Blood

As for the medical science stated that the milk thistle is very great in treating the body healthy and keep the diseases at bay including the cleanser for blood. It is still relating to the detoxification function of milk thistle which cleanse the blood from free radicals.

15. Detoxification Function

Another powerful benefit of Milk thistle is that it can be the detoxification for body. This powerful herb is very useful to detox the body very well. the antioxidant of milk thistle has been well known as the treatment for detoxification against the chemicals and other free radicals inside the body. Besides the milk thistle can also promote the metabolism system.

16. Keep the Liver Healthy

According to some studies stated that the milk thistle is very effective in keeping the liver healthy. It has been proved that the milk thistle can protect the liver from the dangerous toxins and other dangerous pollutants. Moreover it will prevent the circulation throughout the blood flows.

17. Boosting the Immune System

This is very great to know that the milk thistle is very powerfully boosting the immune system. The milk thistle has been analyzed having the immune boosting properties and it will stimulate the immune system very well. Therefore, it will make the allergic reaction at bay.

18. Antioxidant Function

According to some studies revealed that the milk thistle is very effective to keep the diseases at bay since it has the great the antioxidative function. The milk thistle can stimulate the regeneration of damaged cells inside the body. Besides, the milk thistle can also neutralize the toxic inside the cells. The silymarin works very great in doing so. Thus, the silymarin of milk thistle can block the free radicals.

19. Prevent the Hepatitis

Another great benefit of milk thistle is that it can prevent the hepatitis. The milk thistle contains the great anti-inflammatory and silymarin which can treat the hepatitis particularly hepatitis C.

20. Stimulate Cells Growth

Another great health benefits of milk thistle is that it can stimulate the cells growth and even fix the damaged cells. According to the studies revealed that the milk thistle contains the liver-protection agent and it also has the active ingredients such as silymarin make milk thistle is very effective to treat many serious diseases including repairing the cells damage. Milk thistle silymarin group, flavonolignans will fix the damaged cells by stimulating the protein synthesis very well and it will slowly repair them. Relating to the cells growth, the silymarin of milk thistle is contributing in stimulating the cells growth inside the body.

Celestial Healing Store



Visit Our **Online** Store

100% Natural
High Quality
Free Shipping for Orders Over \$50
Same Day Shipping
Customer Satisfaction Guaranteed



Click Below To Visit Our Store

www.celestialhealing.net/herbalproducts.htm