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7 BENEFITS OF MILK THISTLE SEEDS : UNVEILING ITS HEALTH POTENTIAL

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Milk thistle, an ancient plant with a pinkish-purple flower, has been historically used as medicine. Today, it is a popular supplement known for supporting liver health. The high levels of antioxidants, including the flavonoid silymarin, are responsible for many of milk thistle's disease-preventing benefits. Milk thistle seeds can be taken as a capsule or herbal extract, and it can also be brewed as a tea. Here are the health benefits of milk thistle supported by research:

Improves liver health

The liver serves as a detoxifier for your blood, constantly processing toxins. However, these toxins can damage the liver if it lacks protection from antioxidants. Antioxidants neutralize free radicals, which are molecules that cause damage from toxins. While some antioxidants, like glutathione, are naturally produced by the liver, this production decreases with age. Milk thistle not only supplies antioxidants but also boosts the liver's production of glutathione.

The key active substance in milk thistle is silymarin, an antioxidant that has been shown to protect liver cells from mutation and damage. It acts as a blockade against toxins by preventing them from binding to receptors on liver cell membranes. These findings indicate that milk thistle could be beneficial in preventing liver cirrhosis, liver disease, and potentially liver cancer.

Protecting the aging brain

The progression of dementia and Alzheimer's disease is largely attributed to the buildup of amyloid plaque in the brain. As the brain ages, its natural detoxification mechanisms may struggle to remove all accumulated plaque, especially during sleep. Cheryls Herbs Milk Thistle seeds have shown promise in animal studies for reducing amyloid plaque in the brain.

Although there are no human studies confirming milk thistle's effects on individuals with neurodegenerative diseases, its anti-inflammatory and antioxidant properties may help alleviate the effects of aging on the brain.

Maintains healthy blood sugar levels

The active substance in milk thistle, known as silymarin, can also aid in controlling blood sugar levels. A review published in the *Journal of Diabetes Research* examined five clinical trials involving 270 patients. It concluded that silymarin significantly reduces blood sugar levels and could potentially assist diabetics and prediabetics in glycemic control. Drinking milk thistle tea with a meal may help prevent blood sugar spikes, and regularly supplementing with milk thistle could lower your risk of developing diabetes.

May Help Fight Cancer

The silymarin in milk thistle may aid in preventing cancer development. It supports the body's natural immune response against cancer cells and directly inhibits tumor growth. Test tube studies have shown that silymarin can protect against various cancers, including those of the breast, prostate, bladder, skin, colon, kidney, and lungs. While human trials are lacking, antioxidants like silymarin found in milk thistle are promising in research conducted outside the body.

Improves breast milk production

Silymarin in milk thistle acts as a galactagogue, boosting the production and flow of breast milk in lactating mothers. In a 2-month study, mothers consuming 420 mg of silymarin daily experienced an 86% increase in breast milk production compared to those taking a placebo. Furthermore, the study confirmed that silymarin supplementation did not affect the quality of the milk supply. This makes it a valuable remedy for lactating mothers dealing with low milk supply.

It improves acne

Acne treatments are usually topical products applied to the face. However, oral supplementation with milk thistle has shown promise in improving acne symptoms. A study involving 56 patients found that just eight weeks of milk thistle intervention led to a 53% reduction in acne lesion count. Researchers attributed these results to the antioxidant and anti-inflammatory properties of milk thistle.

Supports Bone Health in Postmenopausal Women

Consistent supplementation with milk thistle could potentially aid menopausal and postmenopausal women in preventing osteoporosis—the condition characterized by a decrease in bone density, which increases the risk of fractures and breaks. Postmenopausal women face the highest risk of osteoporosis due to the loss of estrogen, which is closely linked to bone density loss.

The presence of silymarin in milk thistle seeds renders it a phytoestrogen, meaning it interacts with estrogen receptors and exhibits estrogen-like effects when estrogen levels are low. In a mouse model of osteoporosis induced by estrogen deficiency, oral administration of milk thistle was observed to mitigate bone loss.

Milk Thistle for Liver Health and Beyond

While milk thistle is widely recognized for its liver health benefits, it also serves as a natural remedy for acne, low breast milk supply, high blood sugar, and potentially age-related cognitive decline. Additionally, milk thistle aids in cancer prevention, osteoporosis in women, and various liver ailments. Some milk thistle supplements are rich in silymarin, while others contain whole powdered herb. As with any herbal remedy, it's crucial to adhere to the recommended daily dosage indicated on the product label.

It's important to note that even natural substances can have adverse effects. To ensure your safety, consult with a healthcare professional before using herbal products or supplements, particularly if you have a medical condition, are taking other medications or supplements, or are pregnant. Explore the benefits of milk thistle and other herbal remedies at your trusted [online herbal store](#).



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