



Speaking of...Mindful Wellness Is your yard full of Dandelions....

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Tea of the Month

Made from the roots and leaves of the dandelion plant, dandelion tea is packed full of vitamins, nutrients and phytochemicals that are beneficial to the body.

Nutrients

Dandelion tea contains all of the following nutrients: calcium, iron, magnesium, manganese, phosphorous, potassium, selenium, zinc, vitamins B1, B2 and B3, and vitamin C. It also contains beta-carotene and tannins, which boost its antioxidant properties.

Fluid Retention

By stimulating urination, dandelion tea works as a natural diuretic. Because dandelion tea contains significant amounts of potassium, any that is lost in urination is replaced by drinking dandelion tea.

For Liver Problems

Drinking dandelion root tea helps to eliminate stress on the liver and encourage healing of damaged tissues caused by alcohol liver disease and chronic hepatitis. Dandelion helps to cleanse the blood and liver, and increase bile production.

Dear Jacky,

Is your yard full of dandelions? Did you know that dandelions have many healthful benefits?

Put that stubborn backyard weed to better use... on your dinner table!

Dandelions can be a yummy addition to a fresh salad, or can even be used to make a coffee-like drink. They can also be used in soups or as their own side dish.

In this issue, you'll find dandelion recipes, benefits of dandelions and our newest feature "Tea of the Month."

We look forward to helping you feel better with a wonderful variety of products, services and articles to help you maintain your body and spirit. Be sure to visit my web site www.MindfulWellnessMassageandBodywork.com.

Jacky

Add more color to your summer salad!

If your yard is plentiful with yellow dandelions, you've got the start to adding depth, color and a wonderful taste to your summer salad. Dandelions, when complemented with sunflower seeds, give a soft buttery taste similar to a mushroom. When using dandelion leaves make sure to pick young plants. Older plants tend to have more bitter leaves.

I found the most wonderful recipe for Tomato Dandelion Salad from Whole Foods. This is an easy salad to make that will complement numerous recipes as a side dish. It is especially good when tomatoes are in season and vine ripened. The combination of flavors in this dish is delicious together, and the dandelion greens add healthy benefits that make this salad special. As mentioned above, try to use young dandelion greens, when available, to avoid a bitter taste.

Prep and Cook Time: 15 minutes



Ingredients:

- 1/2 medium sized onion, cut in half and sliced thin
- 2 TBS light vinegar (such as apple cider, rice, or white wine)
- 1 cup hot water
- 2 large red ripe tomatoes
- 3 cups chopped young dandelion greens
- 2 TBS fresh basil cut into large pieces

For the Skin

Because of the broad range of antioxidant vitamins it contains, dandelion tea helps to improve skin clarity. It is also believed to prevent age spots.

Improves Digestion

Drinking dandelion tea helps to improve functioning of the stomach, pancreas, spleen and kidneys. It also works well in relieving constipation. (article provided by e-How.com)

Our Price: \$5.49

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Eucalyptus Essential Oil of the Month

Cooling, refreshing, energizing. Used in skin & hair care, to deodorize and to keep insects at bay.

Suggested Use: Use in a diffuser to freshen your environment. Add 2-3 drops to a bowl of hot water to inhale the fragrant steam, or use it in the sauna/steam bath. Add 5-10 drops to 1oz. of unscented body care product, less if you are making body care for children. Eucalyptus is a great ingredient when massaging sore, aching muscles or as an energizing sports massage. Simply add up to 10 drops of Eucalyptus Essential Oil to 1oz. of Carrier Oil or unscented massage oil/lotion.

Our Price: \$ 6.19

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Dressing:

- 1-1/2 TBS balsamic vinegar
- 1/4 tsp salt
- 1/4 tsp coarse cracked black pepper
- Extra virgin olive oil to taste
- 1 oz crumpled Chevre goat cheese (optional)

1. Thickly slice onion and place in a small bowl. Pour 2 tbs light vinegar and 1 cup hot water over onions to marinate while making the rest of the salad.
2. Whisk together dressing ingredients adding oil at end a little at a time.
3. Rinse and chop dandelion greens. Make sure you wash and dry the greens. Toss the greens with 2/3 of the dressing.
4. Cut tomatoes in half crosswise and squeeze out juice. Cut into quarters, remove inner pulp and slice. Place on greens.
5. Squeeze dry marinated onions and lay on top of sliced tomatoes and greens. Drizzle the rest of the dressing over tomatoes, onion and top with basil and goat cheese if desired.

[Looking for more "Edible Flower Recipes" click here and enjoy!](#)

Disclaimer: If you fertilize your yard you may be better off picking dandelions from a fresh meadow to use. Neither the author of the recipe or Mindful Wellness can be held responsible for any adverse reaction to the flowers.

Jacky Groenewegen LMT, HTCP
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Home Remedies....

Insect Repellent

- 6 drops [Peppermint oil](#)
- 6 drops [Tea Tree oil](#)
- 9 drops [Eucalyptus oil](#)

Blend into one ounce of organic carrier oil - [Jojoba](#), Apricot Kernel, Olive, Almond, Sunflower or other suitable carrier oil.

Apply liberally on exposed skin to repel insects. Repeated applications may be required under certain conditions.

Save 15%

15% off your online purchase. Go to www.MindfulWellnessMassageandBodywork.com discount code Summer15 is required to receive 15% off your next purchase as a special thank you for being a valued reader. (Discount applied to merchandise before shipping and taxes. No minimum purchase required.) Feel free to share with a friend.

[Click here](#) to view the lovely products available at Mindful Wellness Massage and Bodywork.

Comments, suggestions or questions are always welcome.

Stay Healthy & Well....remember to stay hydrated as the weather starts heating up! Adding a little lemon to your water gives a great taste and keeps you hydrated.

Sincerely,

Jacky

Jacky Groenewegen , LMT, HTCP
Mindful Wellness Massage & Bodywork, LLC