



# ARTICHOKE

Cynara scolymus



## Areas of application

- Bloating, loss of appetite, indigestion,
- nausea, stomachache
- Bile duct disorders,
- Diabetes,
- Diseases of the pancreas,
- Liver diseases

## Family

Asteraceae

## Based in

The wild variety grows around the Mediterranean, in the Canary Islands, North Africa and the Middle East. Outdoors, artichokes are mainly grown in regions similar to their Mediterranean habitat

## Parts of the plant used

Blütenstände und Blätter

## Ingredients

Calcium, potassium, magnesium, iron, phosphorus, zinc, copper, manganese, selenium, beta-carotene, B1, B2, B3, B5, B6, B9, C, E and K, cynarin, cynaroside, caffeoylquinic acids, cynaropicrin, enzymes, flavonoids, tannic acid, inulin, scomyloside

## Usage/Indications

Artichokes contain valuable compounds such as inulin, cynarin, cynaroside, luteolin and chlorogenic acid, as well as important minerals and vitamins. Inulin has a positive effect on blood sugar levels, making artichokes particularly suitable for people with diabetes. Studies show that artichoke extracts can lower blood sugar, triglycerides, and total and LDL cholesterol, thereby reducing the risk of cardiovascular disease.

Cynarin and cynaroside promote bile production, improve fat digestion and inhibit the body's own cholesterol synthesis. Additionally, increased bile acid production leads to more cholesterol being excreted. Artichokes support liver function, have a diuretic effect, aid digestion, relieve cramps and alleviate flatulence and constipation. Thanks to their antioxidant and anti-inflammatory properties, they protect cells, blood vessels and the liver, boost the metabolism and can aid weight loss. Regular consumption helps maintain the health of the liver, heart and vascular system.

## Good to know



Although cooked artichokes taste delicious, they lose much of their valuable medicinal properties.

An old saying goes: "The artichoke brings to light what has been bitterly swallowed for too long."

## Side effects/Contraindications

If you are allergic to the Asteraceae family, you must not eat artichokes; the same applies if you have a blockage of the bile ducts, cholecystitis and/or gallstones. Artichokes stimulate the production of bile, which usually has a beneficial effect on digestion.

## BIBLIOGRAPHY

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