

Milk Thistle: 6 Amazing Health Benefits



by
DR. JOCKERS

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Milk Thistle: 6 Amazing Health Benefits

Milk thistle is a flowering plant that is part of the daisy family. It gets its name from its bristly and prickly nature and the “milky” sap that oozes out of the plant. The leaves, fruits and seeds of milk thistle have been used for centuries as a natural medicine. Milk thistle is one of the world’s most powerful liver detoxifying agents. In this article, you will discover 6 amazing health benefits of milk thistle and how to get it for yourself!

Milk thistle was used by medical herbalists in the late nineteenth century to treat varicose veins and liver, spleen and kidney disorders (1). Today, it is primarily used to improve the function of the liver, kidneys and gastrointestinal system. Many individuals have seen dramatic improvement using milk thistle for health issues such as psoriasis, menstrual problems, jaundice and poor circulation.



MILK THISTLE

IDENTIFICATION

An annual or biannual thistle originally from Europe. It has mottled or streaked leaves with white veins which are sharply spined.

Grows up to 6 feet tall and has flowers with purple tufts often from June - September.

- **Whole Plant** - Traditional tea was used to improve appetite, provide relief from indigestion and improve liver function. Also used for cirrhosis, jaundice, hepatitis and liver poisoning from chemical of drug and alcohol abuse.
- **Leaves** - Eaten when young (with spines removed) as a pot herb.

ACTIVE COMPONENT

Silymarin, which is a seed extract, is the most active component and has been shown in studies to dramatically improve liver regeneration in hepatitis, cirrhosis, mushroom poisoning and other liver conditions. Most oral commercial preparations are manufactured in Europe and are widely available throughout the world.

DOSING AND SAFETY

Milk thistle has been shown to be safe up to 420 milligrams per day for up to 12 months.



milligrams per day for up to 48 months.

Contraindications include:

- Anyone who is allergic to the Asteraceae or Compositae family of plants
- Those with hormone-sensitive conditions
- Individuals with GI disorders
- Pregnant women
- Diabetic patients (without first consulting their doctor)

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Milk Thistle and Liver Health:

The active antioxidant compound within milk thistle is the flavonoid complex called Silymarin. (2) This anti-oxidant is one of the most powerful liver detoxifying agents. It helps to boost glutathione and superoxide dismutase which are two of the body's master super antioxidants. One study found that silymarin increased glutathione content in the intestines and liver by up to 50%. Boosting glutathione helps protect the intestines from inflammatory damage that leads to ulcers and colitis.

Milk thistle guards the liver's numerous hepatic cell membranes and slows the rate at which toxins can be absorbed into the liver. Research has shown that silymarin enhances protein synthesis to enhance liver cell regeneration and counteract the effects of poisons on the liver. It has been used to treat alcoholic hepatitis, alcoholic **fatty liver**, cirrhosis-liver poisoning and viral hepatitis.



Milk Thistle Benefits

Milk Thistle is the most commonly used medicinal plant in the world for liver health. Prescribed to treat alcoholic cirrhosis and chronic hepatitis.

Improves cholesterol levels.

Improves immune health, kidney function and supports the integrity of the intestinal lining.

Helps support mental and cognitive health

Improves blood sugar levels.

Contains numerous anti-aging properties.

Reduces cell damage caused by radiation and chemotherapy treatments.

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Silymarin and Kidney Health:

Silymarin concentrates in kidney cells where it helps repair and regenerate protein enzymes and DNA. One study indicated that it increased kidney cell replication by 25-30% over control groups. This is extremely important for individuals who have suffered mild to severe kidney damage from infections, **kidney stone** formation or environmental toxins.

The kidneys are one of the major organs that are damaged by chemotherapy agents. Research has shown that the major compounds in silymarin protect the kidneys from these dangerous drugs. In particular, they protect the cell membrane of the **kidney** cells allowing for healthy cell receptor activity.

Silymarin is considered to be 10 times as potent as Vitamin E and increases the activity of the powerful antioxidant superoxide dismutase (SOD) in red and white blood cells in patients suffering with liver disease. This increases oxygenation and immunity.

Studies have shown that the major compounds of silymarin are silybin and silychristin. These compounds have low absorption rate at about 20-50%. It is better to use milk thistle in a

standardized extract when looking for a supplemental form.



Milk Thistle as a Demulcent:

Milk Thistle is a demulcent that improves the health of the bodies mucous membranes. This reduces inflammation within the skin cells, sinus and respiratory tract and kidney and bladder wall lining. (3) It also reduces inflammatory stress in the **bile duct** and inhibits the formation of gallstones. This improves the functionality of the gallbladder and allows for complete bile release.

Milk Thistle also helps soften and improve the moisturization of the skin, This is especially helpful for individuals with acne and **eczema** and other skin impurities. It has also been shown to improve the overall glow and radiance of the skin quality. (4)

Milk Thistle Benefits



Consumption of Milk Thistle helps to increase the solubility and circulation of bile.



Milk Thistle can be found in abundance across the UK often favoring grassy slopes and sea cliffs.



Milk Thistle has long been used as an herbal treatment for many liver conditions, including jaundice.

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My Favorite Product:

The milk thistle product I use has profound effects on the liver, kidneys, lymphatic system and intestines and the thyroid. The liver is responsible for deactivating toxins and helping them move out of the body through the urine and bowels. When the liver and lymphatic system is sluggish, it puts more stress on the kidneys and intestinal lining.

Liver Support combines a high dosage of milk thistle (500 mg per serving), plus 600 mg of the key glutathione boosting agent N-Acetyl Cysteine and 500 mg of full spectrum Reishi mushroom. It also contains the renowned lymphatic system herb, burdock (250 mg) as well as key adaptogens Cordyceps (500 mg) and Schisandra (250 mg).

The mushroom extracts and herbal ingredients in this product are designed to protect liver cells against oxidative damage which may affect the function of the liver. The ingredients also actively contribute to detoxification processes in the liver by supplying nutrients that may enhance the biochemical reactions involved in neutralizing harmful substances. You can [find this product here](#)



Liver Support Benefits

- Protects Liver Cells from Oxidative Stress
- Improves Liver Health and Function
- Supports Drainage and Detoxification Pathways
- Improves Immune Health
- Supports Bile Flow and Gut Health

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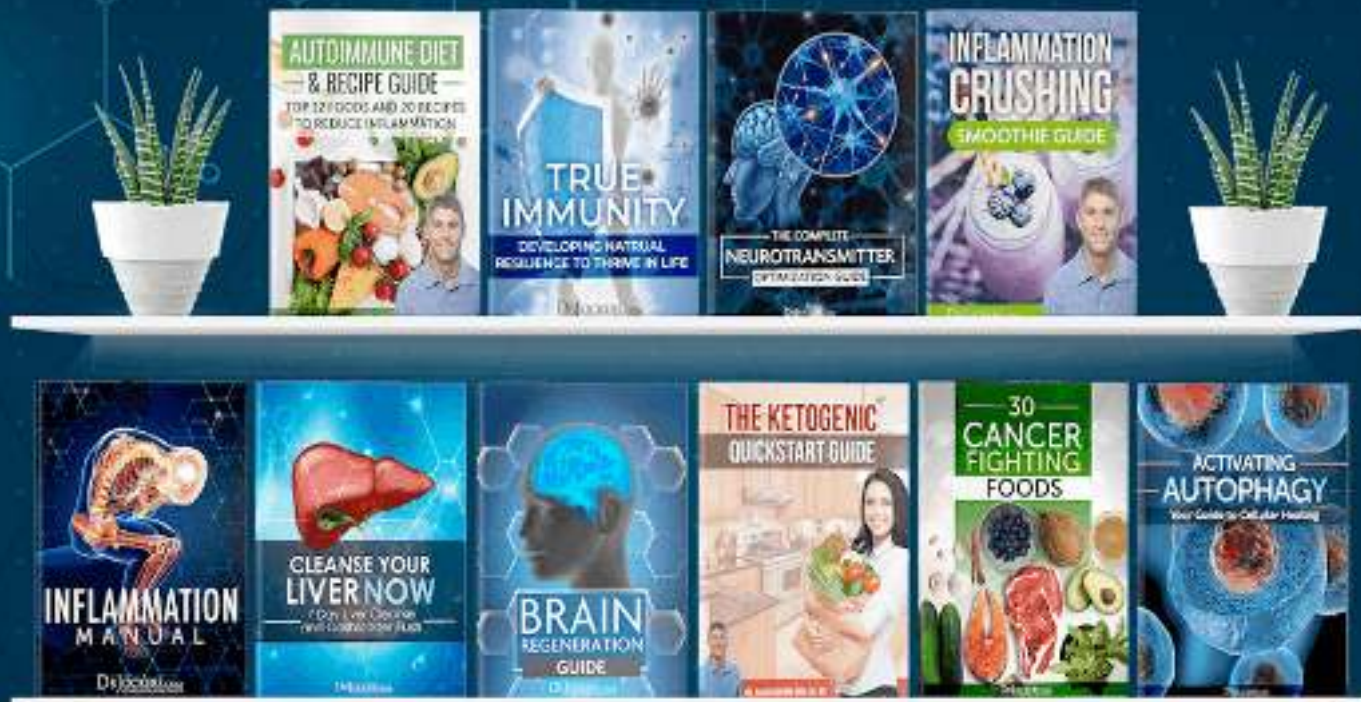
Inflammation Crushing Ebundle

The **Inflammation Crushing Ebundle** is designed to help you improve your brain, liver, immune system and discover the healing strategies, foods and recipes to burn fat, reduce inflammation and thrive in life!

As a doctor of natural medicine, I have spent the past 20 years studying the best healing strategies and worked with hundreds of coaching clients, helping them overcome chronic health conditions and optimize their overall health.

In our **Inflammation Crushing Ebundle**, I have put together my very best strategies to reduce inflammation and optimize your healing potential. Take a look at what you will get inside these valuable guides below!

Our Inflammation Crushing E-Bundle!



The *Inflammation Crushing Ebundle* is designed to help you **Improve Your Brain, Liver, Immune system** and Discover the Healing Strategies, Foods and Recipes to **Burn Fat, Reduce Inflammation and Thrive in Life!**

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Sources For This Article Include:

1. Aslan A, Can Mİ. Milk thistle impedes the development of carbontetrachloride-induced liver damage in rats through suppression of bcl-2 and regulating caspase pathway. *Life Sci.* 2014 Nov 4;117(1):13-8. PMID: **25305509**

2. Post-White J, Ladas EJ, Kelly KM. Advances in the use of milk_thistle (Silybum marianum). Integr Cancer Ther. 2007 Jun;6(2):104-9. PMID: **17548789**

3. Li D, Xu D, Wang T, Shen Y, Guo S, Zhang X, Guo L, Li X, Liu L, Wen F. Silymarin attenuates airway inflammation induced by cigarette smoke in mice. Inflammation. 2015 Apr;38(2):871-8. PMID: **25117568**

4. Natural News: Milk Thistle: The Herb for Liver Health and More **Link Here**

CLEANSE YOUR LIVER NOW
 7 Day Liver Cleanse and Gallbladder Flush

Learn the Best Strategies and Protocols to Heal a Toxic and Sluggish Liver and Improve your **Digestion, Energy and Fat Burning** in this Image-Rich 102-page, Research-Based Guide.

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The advertisement features a blue background with a glowing molecular structure. On the right, there is a 3D illustration of a red liver. Below the liver, the text reads 'CLEANSE YOUR LIVER NOW' and '7 Day Liver Cleanse and Gallbladder Flush'. At the bottom of the liver illustration, the DrJockers.com logo is visible. A 'PDF' icon is in the top right corner of the liver graphic.

Was this article helpful?



Dr. Jockers

Dr David Jockers is passionate about seeing people reach their health potential in mind, body and spirit. He is the host of the popular “Dr Jockers Functional Nutrition” podcast and the

author of the best-selling books, “The Keto Metabolic Breakthrough” and “The Fasting Transformation.”

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— DR. DAVID JOCKERS

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Comments

comments

Comments

John

September 21, 2015 at 6:53 pm

Great article. Just wish this supplement had much lower milligrams, say 125 mg. Milk Thistle and between 50-75 mg. ALA, etc. I have to detox slowly and need smaller dosage due to MCS. I also like smaller capsules (even though it may require more pills) as it is difficult to swallow larger ones.

Reply**liz**

May 30, 2016 at 7:50 pm

would it be possible to split the pills ?

Reply**Dr. Jockers**

May 31, 2016 at 11:34 am

Yes Liz, you can split the pills. You can open them up and pour out the contents and close up the capsule.

Reply**Diane**

January 17, 2018 at 11:03 pm

I've been enjoying a daily tea of dandelion and milk thistle!

Reply**Dr. Jockers**

January 18, 2018 at 12:43 pm

That's great Diane!

[Reply](#)

bbrenfaa greene

February 22, 2018 at 12:19 pm

Milk thistle took away my many knots i had in my stomach. Fatty liver non achole fatty liver. Now for kidney and heart health

[Reply](#)

Dr. Jockers

February 23, 2018 at 6:04 pm

Great to hear that!!

[Reply](#)

Cheryl

June 21, 2018 at 7:28 pm

I'm on a low dose of desiccated thyroid, and if I took this would it heal the problem, and would I be able to get off my Thyroid meds?

[Reply](#)

Dr. Jockers

June 22, 2018 at 1:36 pm

It depends on the cause of your thyroid issues Cheryl. I don't make medication recommendations but when following the right protocols there have been cases where medication was no longer needed. This might take a more in depth approach. Email Michael@drjockers.com if you are interested!

[Reply](#)

saddam

June 30, 2018 at 5:09 am

sir how can reduce biliburin level in leaver beacuse i have jaundice i checked blood test report there have high biliburin level in leaver sir. can i uesd milk thistle for this treatment

[Reply](#)

Dr. Jockers

July 2, 2018 at 6:54 am

Milk Thistle may be helpful Saddam. Also follow these strategies: <https://drjockers.com/improve-liver-health-naturally/>

[Reply](#)

Tony

November 10, 2018 at 12:00 am

Dr I have pinguecula eye from last year and after several month milk thistle seed powder steep. Drinking then my eyes are much much better.

tear lubricating and much less red blood vessel in my eyes

Dr do you think pinguecula is relating liver?

Do you think it will cure eventually?

My english and typing is problem very sorry dr.

Reply**Dr. Jockers**

November 12, 2018 at 10:40 am

I am not sure Tony but if you are improving then keep it up! I would also suggest getting natural sunlight in your eyes on a daily basis and trying some of the strategies in this article: <https://drjockers.com/improve-vision/>

Reply**Natalie**

January 12, 2019 at 9:44 pm

Tony no natural sun light in your eyes! Read up about pinguecula apparently it's caused by uv rays! Keep your eyes covered use eye drops to keep your eyes moist and keep taking the milk thistle I have done quite a lot of research as I too have pinguecula in both my eyes I use eye drops but i too am going to start taking milk thistle as I too think it could also be liver related good luck I hope our pinguecula completely goes away one day

Reply**Dr. Jockers**

January 13, 2019 at 6:48 am

Thanks for your input Natalie!

Reply**Rainuka kishore**

March 31, 2019 at 4:42 am

I am 54years. I have fatty liver and also hypothyroid. Will milk whistle help.

Reply

Dr. Jockers

March 31, 2019 at 1:49 pm

Hi Rainuka, Yes, milk thistle can help increase T3 activity lacking in hypodthyroidism. I recommend that you consult with your physician with any concerns you may have before taking a new product. A functional nutritionist can help create a customized plan unique to your goals. This is a helpful article: <https://drjockers.com/functional-nutrition-tips-to-find-a-great-health-coach/>

Reply

Stephanie Grey

May 16, 2021 at 9:10 am

I had gall bladder removal, then issues with bile duct, elevated enzymes, another surgery. I took milk Thistle, reduced liver enzymes, improved my health. I take twice a day, and also dandelion root tea. It saved my liver!

Reply

Dr. Jockers

May 17, 2021 at 4:45 pm

Great to hear this Stephanie!

Reply

Sara Gibson

November 13, 2021 at 8:45 pm

Do you sell wholesale?

[Reply](#)

mariana

October 20, 2022 at 5:45 pm

can i use milk thistle seeds as benefit instate of supplement and how much daily pls
thank you so much

[Reply](#)

Yvonne Tierney

November 27, 2022 at 4:30 am

As far as I know I don't have anything wrong with my organs, except that when I empty my bladder my bowels empty as well. Would it be beneficial for me to take Milk Thistle.h

[Reply](#)

Dr. Jockers

December 2, 2022 at 4:58 pm

Yes it can still be beneficial to support liver, kidney and gut health!

[Reply](#)

Natalie

February 16, 2023 at 1:06 pm

Could you please explain in a little more detail what would be considered a hormone related issue that it wouldn't be safe to take the supplement. Specifically asking about Breast Cancer.

[Reply](#)

Lynda

February 20, 2023 at 8:08 am

Hi Dr.Jocker I have just been put on a 4mg cholesterol drug. Can I take milk thistle with this. Thank-you

[Reply](#)

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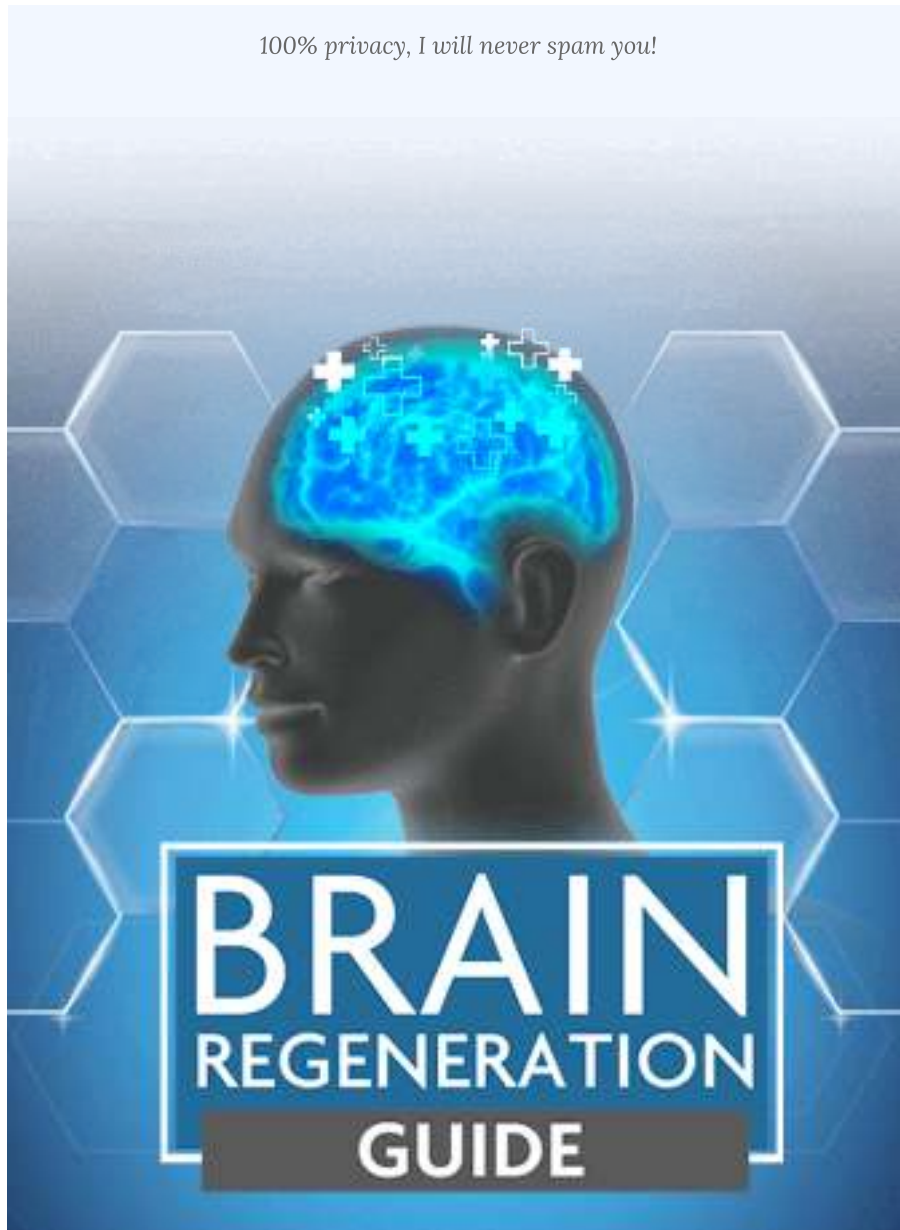
This image-rich 42 page, research based guide will show you the best strategies and protocols to:

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- ✓ Stimulate brain cell autophagy.
- ✓ Regain control of your mood, memory and brain health.

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The advertisement features a man in a blue polo shirt smiling on the right side. The background is light blue with faint chemical structures. The text is arranged in a top-down hierarchy, starting with a call to action, followed by the host's name, the main title, and a 'listen here' button.



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The banner features a portrait of Dr. Jockers on the left, smiling. The background is a dark blue grid of hexagons with glowing blue lines and dots, suggesting a molecular or scientific theme. The text is in a clean, white, sans-serif font.

Navigating the Ketogenic Diet Program

The Ultimate Guide to Getting into Ketosis

Learn More

The advertisement features a dark red background. At the top left is a circular pie chart with three segments: a large yellow segment labeled 'FAT', a smaller red segment labeled 'PROTEIN', and a very small blue segment labeled 'CARBS'. To the right of the pie chart, the title 'Navigating the Ketogenic Diet Program' is written in white, with 'Ketogenic Diet' in a larger font. Below the title, a white banner contains the subtitle 'The Ultimate Guide to Getting into Ketosis'. The central part of the ad shows a collection of digital products: a laptop displaying a plate of food, a tablet showing a person, and several e-books with various covers related to the ketogenic diet. At the bottom center, a white rounded rectangular button contains the text 'Learn More' in blue.

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THE FAT

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