

Dr. Smith Live

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Energy Medicine: The New Frontier

Topic: Five simple ways to reduce edema

- **Learn common nutrients that work like a diuretic.**
- **Learn what foods to avoid.**
- **Learn essential minerals that reduce edema.**

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When: October 18, 2025 07:00 PM Eastern Time (US and Canada)

<https://us06web.zoom.us/meeting/register/G-ewa3vNTlqYIBz8utT6kw>

After registering, you will receive a confirmation email containing information about joining the meeting.

Five simple ways to reduce edema specially in your legs.

1. **Coumarin:** is present in limes, cinnamon (especially Cassia cinnamon: one of the most concentrated sources of coumarin in the diet.), celery, strawberries, and apricots. It is anti-inflammatory and helps improve circulation. Not to be confused with curcumin which is the active ingredient of turmeric.

Note: Avoid taking too much because it can damage your liver and contribute to impaired cognitive development in fetuses. It may promote Cancer Development. Most foods are under the daily limit of 0.05 milligrams/pound of body weight. A few teaspoons of cassia cinnamon can put you over the recommended daily limit.

2. **Eliminate vegetable oils** (corn, soybean, canola, sunflower, safflower, peanut, avocado, sesame, olive, and palm oil. Most vegetable oils in the supermarket are adulterated and cause the cell membranes to become plastic. Adulterated oils are also pro inflammatory enhancing edema.

Note: You also want to reduce processed foods because of the high cholesterol content, which clogs up the lymphatic system for drainage system.

3. **Bromelain:** It is an enzyme that breaks down proteins. It is anti-inflammatory and helps reduce edema. Present in pineapples.

4. **Potassium and magnesium:** Most people are low in these two minerals. Potassium and magnesium help reduce edema by regulating fluid balance and promoting the excretion of excess water through natural diuretic effects. A good source of potassium and magnesium is kelp.

5. **Dandelion root:** contains major bioactive compounds that help detox your body and also reduce edema. Dandelion extracts have shown to be **anti-inflammatory, antioxidant, and hepatoprotective**, which may indirectly support edema reduction by improving systemic health.

Major Compounds in Dandelion Root

- **Taraxicin:** Is a bitter crystalline substance that acts as a natural diuretic, which helps the body eliminate excess fluid by increasing urine output.
- **Taraxacerin:** Diuretic action that promotes urination. It also acts as an anti-inflammatory agent, and supports liver and kidney function by maintaining fluid balance.
- **Inulin:** A type of soluble fiber that replaces starch in dandelions. It acts as a prebiotic and supports gut health.
- **Laevulin and uncrystallizable sugars:** Present early in the year, these sugars convert to inulin as the season progresses.
- **Potash:** Potash contains potassium, an essential mineral that helps regulate fluid balance and blood pressure.

These compounds are part of why dandelions have been used traditionally for liver support, digestion, and detoxification.

By using the above five recommendations, you have a noninvasive, non-toxic approach to reducing edema.