

## Horsetail

Botanical name: *Equisetum arvense*

Energetics/Actions: Bitter, bland, cold, antioxidant, antimicrobial, urinary tonic, diuretic, astringent

### Description

Horsetail is a type of fern that has been used as medicine since the time of ancient Rome and Greece. It was traditionally used to stop bleeding, heal wounds and treat kidney and bladder stones. Indigenous North American tribes used Horsetail to make mats and polish woodwork. Horsetail contains silica, which helps to strengthen bone. Horsetail is also used topically to strengthen hair and nails.



### Uses

UTI: Decoction or tincture is used to treat UTI symptoms.

Wounds: Ointment/Salve is used to promote healing of burns and wounds.

Hair and nails: Herbal oil and cream are used to strengthen hair and nails.

Bone health: May support bone healing and density. More studies are needed.

### Dose

Decoction: 1 ounce of herb in 20 ounces water, simmer at low heat for 3 hours. Take 3 times a day.

Tincture: 1 dropperful 3 times a day.

Capsule: Use a dose that contains 10-15% silica for bone health.

Ointment/Salve: Ointment containing 3% Horsetail to affected area 2 times a day.

### Safety Information

Not for long term use. Do not use if you have heart or kidney disease or if you have low potassium. Not for use in pregnancy or breastfeeding. May cause thiamine levels to drop, so take with a B complex vitamin if you will be taking Horsetail for longer than a week. Horsetail contains a small amount of nicotine.