

## Nettles

Botanical name: *Urtica dioica*

Energetics/Actions: slightly sweet, salty, cool, dry, alterative, adaptogen, astringent, nutritive tonic, galactagogue, antioxidant, anti inflammatory

### Description

Nettles have a history of many uses, including use by Roman soldiers, who used to rub the herb on their skin to warm themselves. The ancient Egyptians used Nettles to treat arthritis and low back pain. The botanical name comes from the Latin *uro*, which means “to burn” and the stems and leaves have hairs that cause itching, burning and swelling. Nettles are highly nutritious, containing vitamins A, C, K and many B vitamins, also iron, calcium, magnesium, potassium and phosphorus.



### Uses

Nutritive tonic: Good for anemia and for breastfeeding mothers.

Allergies: Excellent treatment for seasonal allergies-must be fresh or freeze dried.

Arthritis: Used internally or as a cream.

Enlarged prostate: Decreases symptoms associated with benign prostatic hyperplasia (BPH).

Hair: Promotes hair growth and luster.

Diuretic: Decreases swelling.

Blood sugar regulation: Helps to lower blood sugar. More studies needed.

High blood pressure: May help lower blood pressure. More studies needed.

### Dose

Fresh: Delicious eaten as cooked greens.

Freeze dried leaves: 600 mg a day.

Tincture of fresh leaves: ½ teaspoon up to 3 times a day.

Tea: 1 cup steeped 10 minutes up to 3 times a day.

Root extract: 360 mg a day for BPH.

Rinse: Vinegar rinse for hair.

### Safety Information

Can cause skin irritation for which plantain is a good remedy. Can cause serious allergic reactions in some people. Talk to your health care provider if you are taking other medications, such as blood thinners or medication for high blood pressure or diabetes.