

# **NETTLE**

## **What is Nettle?**

Commonly known as stinging nettle it is a common medicinal herb which has been known and used around the world for many centuries for a variety of its curative powers . Its leaves, flowers and roots have been used as an effective tonic and an excellent herbal remedy for many different problems. It can be said that nettle is one of the wonder plants that nature has gifted us with.

## **The Benefits of Nettle**

Nettle has a very high nutritional content. It is a great source of various vitamins, including riboflavin, thiamine, Vitamins C, K, D and A. Besides, nettle is rich in numerous minerals like iron, calcium, potassium, copper, magnesium, phosphorus, silicon, zinc, chromium, cobalt, sulfur and others.

Its specific benefits include:

- Stops excessive bleeding, stimulates milk production, speeds up after birth recovery
- Treats infections and inflammation
- Improves cardio-vascular system and heart function
- Calms down digestive disorders
- Stimulates the function of the immune system
- Is a diuretic and detoxifier
- It is beneficial to lower the risks of common prostate disorders in men
- Reduces pain and symptoms of joint disorders
- Assists in treating urinary tract infections
- Treats anemia
- Balances hormones
- Relieves symptoms of PMS
- Increases fertility
- Rinsing with nettle tea will strengthen hair follicles and slow down hair loss
- Helps alleviate asthma, allergies, sinusitis and chronic headaches

**Caution:** Can raise blood pressure