

Nettle – Urtica dioica

Parts Used - Organic Root & Leaves

Origin – Italy | Spagyrics Made in Colorado

Planetary Influence - Mars

Day of the Week - Tuesday



Nettle is a common plant that grown in many different habitats. It has been used for herbal remedies, as a food and a dye for hundreds of years.

Properties: Iron tonic, mild diuretic, antihistamine, strengthening, styptic (stops bleeding by contracting the blood vessels when applied to bleeding part), soothes skin. It contains Vitamins C, B, and Beta-Carotene.

Uses

- High Blood Pressure, Urinary Gravel & Water Retention: Nettle is a diuretic and removes extra fluid from the body. **Consult your doctor if you are taking high blood pressure medication. Do not use as a diuretic for weight loss.**
- Iron Deficiency: Nettle can be used for anemia, lethargy, weakness and during convalescence.
- Gout: Nettle is an anti-inflammatory and can help relieve pain from gout.
- Hay Fever: Nettle can provide hay fever relief.
- Eczema, Strawberry Allergy, Insect Bites: Use topically.

Chinese Uses

- Strengthens Liver: Relieves fatigue, nourishes blood, for hair loss.
- Restores Lungs: Relieves coughing, wheezing and allergies.
- Astringent: Dries damp, stops bleeding, reduces infection.
- Detoxification: Resolves toxicosis, clears eczema, reduces tumors, dissolves deposits & stones.
- Promotes Urination: drains fluid congestion, relieves edema and irritation.

Side Effects

Consult your doctor if you are taking high blood pressure medication.

Large doses may cause skin irritation, stomach irritation and urinary suppression.

Do not take internally if pregnant or breastfeeding.

If you have a medical emergency, please contact your health care professional.

Please confer with your health care professional before taking.

Not all of the uses listed above have been subject to modern clinical studies.