



Nettle INFUSION

NUTRITIVE TONIC

Allergies

Ingredient

Nettle	leaf	<i>Urtica dioica</i>	Organic
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DOSAGE

INTERVENTION: 4-6 cups per day, for 2-3 weeks.

TREATMENT: 3-4 cups per day, for many weeks.

DIRECTIONS FOR USE

Pour 1 liter of boiling water on 6 tbsp of herbs, cover and let steep for 10 to 15 minutes. Filter. Take when stomach is quite empty. Start with a small dose to insure herbs are well tolerated.

MODE OF ACTION

Tonic and nourishing, nettle infusion is fortifying and energizing. It supports vital energy, metabolism and nutrition of the tissues. Its high concentration of minerals, trace elements and chlorophyll nourishes the blood. Nettle is alkalizing, mineralizing and regulates blood pH. It is used for all conditions due to demineralization and the acidity of the tissues. It is especially useful for fatigue, exhaustion and degeneration. Nettle is safe, mild and its effect is cumulative. It is usually combined with herbs that have a specific effect, depending on the condition.

Its anti-allergic and anti-histamine effects make it useful to treat allergies. In prevention, take for a few weeks before allergy season to promote the body's healthy response and reduce symptoms. In treatment, use repeated doses to alleviate symptoms and reduce allergic response.

Nettle is an alterative and a diuretic herb and contributes to the elimination of toxins by the kidneys, including uric acid. It alkalizes the blood by supplying minerals that are essential for the proper functioning of the organism. Nettle is beneficial for chronic skin problems (like eczema) and joint problems (osteoarthritis, rheumatoid arthritis). In Germany, it is recognized as a complementary therapy for rheumatism. It is also used in the treatment of gout and muscle pain. Combined with other herbs, it is used to treat urinary tract infections.

When there are metabolic troubles, nettle stabilizes blood sugar, blood lipids and blood pressure. It is a powerful antioxidant. The nutrients in nettle also contribute to the health of skin, fingernails and hair.

The main constituents of nettle are amines (serotonin, histamine, choline), flavonoids (isoquercetin, rutin, kaempferol, quercetin), minerals (Mg, Ca, Fe, Si, P, K), vitamins (A, B, K), acids (silicic, formic, caffeic acid derivatives), mucilage, coumarin, tannins, chlorophyll, acetylcholine, sitosterol and glycoproteins.

HELPFUL ASSOCIATIONS

REISHI for allergies, allergic rhinitis, weak immunity due to stress.

ASTRAGALUS capsules or decoction for fatigue, weakness, recurring infections.

ASHWAGANDHA for exhaustion, high stress.

PULMONA TEA for respiratory troubles due to allergies.

URINA TEA for kidney stones and urinary tract infections.

GREEN OATSTRAW infusion for troubles of the nervous system.

ETHNOBOTANY

Immune system: seasonal allergies, rheumatoid arthritis.

Musculo-skeletal system: rheumatism, arthritis, muscle pain.

Respiratory system: bronchitis, allergic rhinitis.

Genito-urinary system: urinary tract infection, heavy uterine bleeding.

Other uses: fatigue, convalescence, degenerative troubles, general cleanse, anemia, eczema, gout, metabolic syndrome.

HISTORY

Originally from Eurasia, nettle has spread to most of the world, including North America. It has been used for decades as a fibre, a food and a medicinal herb. Hippocrates (460-370 AC) wrote that it was used as a vegetable and a traditional remedy. The physicians of Ancient Greece (Dioscorides, Galen and others) used it as a diuretic and a laxative and for troubles of the spleen. In the 17th Century, Culpeper recommended boiled nettle or nettle juice for respiratory troubles, to increase the production of urine and to stop bleeding. The First Nations of North America used nettle to treat rheumatism. In traditional African medicine, it was used for excessive menstrual bleeding and internal hemorrhage. It was also inhaled as a powder to stop nose bleeds. It is now recognized in certain countries as a complementary therapy for arthritis.

CONTRA-INDICATIONS

Nettle is generally considered safe or well tolerated when used as recommended by traditional herbalists, for the majority of people, including pregnant women and breastfeeding mothers. Health Canada recommends that you consult a health care practitioner if pregnant, breastfeeding, if symptoms persist or worsen.

INTERACTIONS

None known.

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Certified organic ingredients.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

