



HORSETAIL (*equisetum arvense*)

Common Uses

The primary use of Horsetail is a diuretic; it gently stimulates urinary flow and helps to flush bacteria out of the bladder without altering the body's balance of electrolytes. Most of Horsetails healing qualities are due to its high silica content. Silica supports regeneration of connective tissues, improving strength and elasticity. Horsetail is a very effective clotting agent. It is used to staunch wounds and stop nosebleeds. Horsetail is currently being investigated as a treatment for age-related memory impairment, and is currently prescribed by herbalists for rheumatism and arthritis. Horsetail has been used in shampoo to encourage hair growth.

Precautions

Horsetail breaks down vitamin B. If you are going to take horsetail long term, make sure you take a vitamin B supplement. As with all herbs, I recommend taking at least a week off every three or four weeks. Do not take horsetail if you suffer from severe edema. Some species of horsetail contain nicotine and should not be ingested by children. Don't use if you have liver or kidney disease. Don't take horsetail if you take an ACE inhibitor for high blood pressure and you have congestive heart failure, as the combination of the herb and the drug can cause accumulation of excessive potassium. Not recommended for use while pregnant.

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.

