



NETTLE (*urtica dioica*)

Common Uses

For thousands of years, people suffering from arthritis, hives, and sciatica have used 'urtication' to relieve their pain. In other words, they would pick up a nettle plant (with a gloved hand) and repeatedly smack the affected area. If you suffer from these conditions, you will be happy to know that there are other ways to apply nettle that are preferable to most and just as effective. Herbalists and scientist attest to nettle's value in treating asthma and nasal allergies through the opening of the bronchial passages. I have used nettle in my family to treat eczema. For prostate enlargement, combine nettle with saw palmetto and pumpkin, the combination of these herbs are *at least* as effective as prescription medication and do not pose the risk of erection problems. Nettle relieves nearly all of the symptoms of allergies; itchy watery eyes, sneezing and runny nose.

Common Dosage:

Capsules: Take one 450mg capsule twice daily

Tea: Make a tea using 3-4 teaspoons of dried nettle leaf in 8oz. hot water up to four times daily

Tincture: 30 – 45 drops (appx. one dropper-full or one teaspoon) three times daily.

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.



