



**Stinging Nettle Benefits: Ways
to Net Better Health
Part 2**

Preparations and Typical Dosing

Nettles are one of the most universally applicable of all medicinal herbs. So much so, that herbalist David Hoffman is often quoted as saying, “When in doubt, use nettles.”

Their safety, effectiveness, accessibility, and overall versatility make them an important plant to learn how to use.

Food

One of the easiest ways to capture stinging nettle nutritional benefits is as a food. Nettles can be blanched for 2 minutes to deactivate their sting and then used as you would any cooked green. They are often steamed or boiled and can be incorporated in a variety of applications, including soups, smoothies, stir-fries, and more. The cooking water can also be used in teas or soups.

Nutritive Herb

As a nutritive herb, they are generally viewed as safe, even in high amounts and over long periods of time.

Nourishing Herbal Infusion

Another favored strategy for accessing stinging nettle benefits is a nourishing herbal infusion. Unlike a typical infusion, a nourishing infusion is prepared with a much larger quantity of the herb.

Standard Infusion

A standard infusion can also be prepared with 1–3 teaspoons of dried herb. Pour 1 cup of boiling water over the herb, and let it infuse for 10–15 minutes. This will typically be taken 3 times a day, but can be consumed as often as desired.

Tincture

Tinctures can be prepared using 40% alcohol. Use 1 g. of dried nettle for every 5 ml. of alcohol. A typical dosage would be 2–6 ml. 3 times a day.

Capsule

Capsules of freeze-dried nettle powder are a convenient option for reducing allergy symptoms. Start with just a few grams per capsule, and gradually increase the amount until the desired effect is achieved. Capsules and tablets are used for the same purpose.

If stomach discomfort occurs with any of these, take them with food.

Juice

Another favored preparation is fresh nettle juice. Typical consumption is 5–10 ml. 3 times a day. The juice can also be used as a wash or soak for arthritis pain; as a hair rinse; or as a spray or sitz bath, as needed, for hemorrhoids.

Urtication

Urtication is used as needed, or as can be comfortably endured. Practitioners can either thrust an affected area into a patch of nettles or use fresh nettles to lightly strike the skin.

In place of the sting, nettle root tincture or cream can also be used topically for this purpose.

Uses for Animals

Dried nettles can also be given to animals. Historically, they have been dried and used as a nutrient-dense winter food for livestock.

Soil Lovers say: Get To Know Your Weeds For Natural Health

Ref: <https://thegrownetwork.com/stinging-nettle-benefits-uses/>

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