



**Stinging Nettle Benefits: Ways
to Net Better Health**
Part 3

Stinging nettles have been used by cultures around the world as part of all major herbal medicine systems throughout recorded and unrecorded history. They have been grown for food, medicine, and clothing. Nettles were even noted for producing a fabric that was stronger than cotton.

1. Increase Your Energy Levels

Nettles are used as a traditional spring tonic to strengthen and support the entire body. Their high nutritional value makes them ideal for anyone suffering from exhaustion, poor nutrition, or just general disease. They're a great choice for pregnant women and those recovering from injury or illness.

The seeds are adaptogens, helping us to respond to stress and strengthening our adrenals.

2. Detoxify Your Body

This general detoxifier has positive benefits for the entire body and is often used specifically as a blood purifier. Be sure to drink plenty of water to counter its diuretic nature.

3. Treat Eczema

Nettles are useful for all varieties of eczema, but especially childhood eczema and nervous eczema.

4. Stop Bleeding

When taken internally, the astringent properties of nettle can help to relieve hemorrhage symptoms throughout the body. Topical application is also effective.

5. Strengthen Bones and Connective Tissue

Stinging nettle nutritional benefits include high levels of calcium, silica, and other minerals to strengthen the bones and connective tissues.

6. Manage Blood Sugar

Nettles possess both hypoglycemic and hyperglycemic constituents. In animal studies, nettles have been shown to lower blood sugar in hyperglycemic rabbits. Human studies have shown decreased inflammation markers and improved levels of fasting glucose, 2-hour postprandial glucose, and HbA1C.

7. Promote Urinary System Health

The diuretic effect of nettles helps it to flush out urinary tract infections and stones.

8. Relieve Musculoskeletal Pain

Nettles' anti-inflammatory and counterirritant properties can be beneficial for arthritis pain when infusions of the plant are consumed or the plant is allowed to sting the affected area.

Topical application of the stinging leaf can also help with myalgia and non-arthritic inflammation, pain, and stiffness. A single application may be enough to relieve symptoms for 4–8 days.

9. Prevent and Reverse Anemia

Nettles are an excellent source of bioavailable iron, making them beneficial for those suffering from iron deficiency.

10. Promote Prostate Health

Stinging nettle benefits comprise roots and seeds that may be useful in presentment and treatment of benign prostate enlargement. One study found that nettle root may have a beneficial effect on prostate cancers as well.

11. Gently Relieve Diarrhea/Constipation

The astringency of nettles makes them useful in the treatment of diarrhea and dysentery. However, they also have a mild laxative effect in cases of constipation.

12. Encourage Kidney Health

Nettle seeds are powerful kidney supporters and restorers. They have a protective effect if used during chemotherapy.

13. Relieve Allergies

Nettles have the ability to reduce the allergen response of the body and help reduce excess mucous production in the nose.

14. Promote Lung Health

Related to its allergen-reducing attributes, nettles have been used as a folk treatment for any mucous membranes that are out of balance, including those in the respiratory system. Nettles act as a counterirritant, stimulating correct mucosal function in the digestive system (if ingested). In turn, this produces a sympathetic response in mucous membranes throughout the rest of the body.

This can help to relieve the effects of asthma and bronchitis. Consuming nettles as food, as an infusion, or even as steam breathed in while nettles cook can help the body to recover.

15. Address Female Issues

Nettles are frequently used for menstrual issues, fertility problems, in PMS formulas, and for menopausal issues. They may also help to stimulate milk production.

16. Promote Hair Health

Nettle juice can be used as a nutrient-rich final rinse after washing your hair. This juice has traditionally been ascribed with the ability to stimulate hair growth. You can also use nettle-infused vinegar for this purpose.

Taken internally, nettle juice nourishes and strengthens hair and nails from the inside out.

17. Shrink Hemorrhoids

Nettle juice can also be used as a spray or as a sitz bath to help relieve hemorrhoids.

18. Promote Heart Health

Nettle's high potassium content helps it moderate high blood pressure and lower the chance of stroke.

19. Restore Digestive Health

Fresh nettle juice and greens help to tone the mucosa of the digestive system. In addition, they have been linked to anticancer activity.

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

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