

## QUICK REFERENCE SHEET

# NETTLES

*Urtica dioica*



Part Utilized:  
Leaf

### PROPERTIES:

Alterative, Antiseptic, Anti-inflammatory,  
Tonic, Astringent/Styptic (stops bleeding),  
Hemostatic, Antispasmodic, Diuretic,  
Expectorant, Anti-allergenic

### SYSTEMS AFFECTED:

Respiratory, Urinary, Blood, Endocrine/  
Glandular

### POSSIBLE USES:

arthritis, skin rashes, allergies, anemia, breast  
milk production



### INGREDIENT IN:

AL, EUST, IBL, KNA, KS, MIN, PL, PT, TY

### GENERAL INFORMATION:

Nettles tea relieves lung congestion by acting as an expectorant and an antispasmodic, as needed, while providing nutrients which fight infection and raise energy levels. Nettles is an outstanding remedy for anything blood related—halting bleeding, cleansing the blood of impurities, or building the blood in cases of anemia.

Nettles is a very nutritious herb. It is rich in iron, silicon, calcium, and potassium. Fresh, young leaves harvested in the spring (with gloves and a long-sleeved shirt) make a nutritious vegetable and spring tonic. Steaming removes any trace of the “itchiness” one might suspect to be a problem. It is interesting—amazing actually, that God is so good—to note that wherever Nettles grow in the wild there will be, growing right at the feet of this very irritating and itch-causing plant, a plant which when rubbed on the skin completely eliminates any rash or itching. In the Cache Valley area, where I am from, that plant is called Galium and is always right there with the Nettles. Plantain, often nearby, is also effective against Nettles sting.

Nettles has a diuretic action due to the flavonoids and the high potassium levels found in this herb. Nettles not only increases urine production but encourages the pull of toxins from the cells for elimination by the kidneys. Nettles slows or stops bleeding altogether from small wounds and nosebleeds, and is an excellent remedy for heavy menstrual flow.

Nettles, combined with Dulse and Alfalfa, (the KNA recipe), provide a full range of vitamins and minerals along with a readily absorbable protein or two. A great nutritive supplement.