

Green is the color of plant energy. The plants with the deepest green offer the most energy. Nettle is highly due to the plants very high level of minerals, especially, calcium, magnesium, iron, potassium, phosphorous, manganese, silica, iodine, silicon, sodium, and, sulphur. It has been used in medicine for ages. It is also an excellent source of vitamins A, D, E and shiny coat and lots of energy. It contains generous amounts of bone-building magnesium, boron, and zinc. Vitamin C and iron can help to strengthen and enhance circulation. Vitamin C ensures that the iron is absorbed by the body. Each part of the plant holds specific benefits and use. Lets see some of the amazing health benefits of Nettle Plant here on this page.



Health Benefits of Nettle Leaves and Stem

Nettle leaves and stem are good for curing arthritis, asthma, and pleurisy. It contains diuretic and laxative properties which help cure such illnesses. The leaves help anemia and improve breast-milk production.

Health Benefits of Nettle Root

The root is recommended as a diuretic, for a relief of benign prostatic hyperplasia (BPH) and other prostate problems. The seeds of nettle are used as an antidote to poisonous herbs such as nightshade and henbane.

Health Benefits of Nettle Stinging Properties

Stinging properties of nettle helps relieve arthritis pain. By rubbing the fresh herb onto the painful area, it will simulate blood flow and alleviate some of the pain. When the fine hair of fresh nettle leaves come in contact with a painful area in the body, it reduces levels of inflammatory chemicals.

Health Benefits of Nettle Tea

Nettle can be made into a tea which is good for cold, fever and is beneficial to relieve backache. The juice of nettle is diuretic in patients with congestive heart failure. A poultice made of nettle leaves lightens pain due to inflammation. The dried powdered leaf can stop the nosebleed. Burns, eczema, insect bites and wounds can be cured when stinging Nettle is made as a wash. It gives more energy than any other energy drink.

Improves Metabolism

It aids the liver and kidney in getting rid of waste and cleans the blood by curing anemia due to its high level of iron in which it builds red blood cells. It improves metabolism. It contains more iron than any other plant.

Nettle can be fed from 30 grams up to a cup of dried nettles leaves a day. It may be used as a daily feeding supplement for lactating mares, laminitic horses, arthritic horses and for cases of anemia and poor condition, it can be used as a tonic or immune booster.

Steady Run