



*Stinging nettle is one of nature's hidden nutritional treasures. Do not be put off by its name, for once the fresh leaves are dried they lose their nasty sting. It is highly regarded in Europe since antiquity for its medicinal qualities, as well as a nutritional food source.*

*By Lamya Habib*

# Nettle..... Natures natural nutraceutical

You might have had a horse that suffered from liver or kidney problems, or had arthritis or laminitis or suffered from all sorts of allergies. Many of us caught in this situation turn to modern medicines that sometimes take a long time for the horse to be cured, or worse still, sadly do not work at all. Let's go back to antiquity where modern medicines did not exist but horses did. The obvious question would be 'How did horses live without the invention of medicines?'. The answer: Herbal plants. In fact, all the problems mentioned above can easily be treated by using one herbal plant; Nettle.

'Green is the colour of plant energy.' The plants with the deepest green offer the most energy. Nettle is highly nutritive, many of the benefits are due to the plants very high level of minerals, especially, calcium, magnesium, iron, potassium, phosphorous, manganese, silica, iodine, silicon, sodium, and sulphur. It is also an excellent source of vitamins' A, D, E and K for flexible bones, healthy heart, 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. It aids the liver and kidney in getting rid of waste and cleans the blood by removing uric acid. Nettle is beneficial



for curing anemia due to its high level of iron in which it builds red blood cells. Vitamin C ensures that the iron is absorbed by the body.

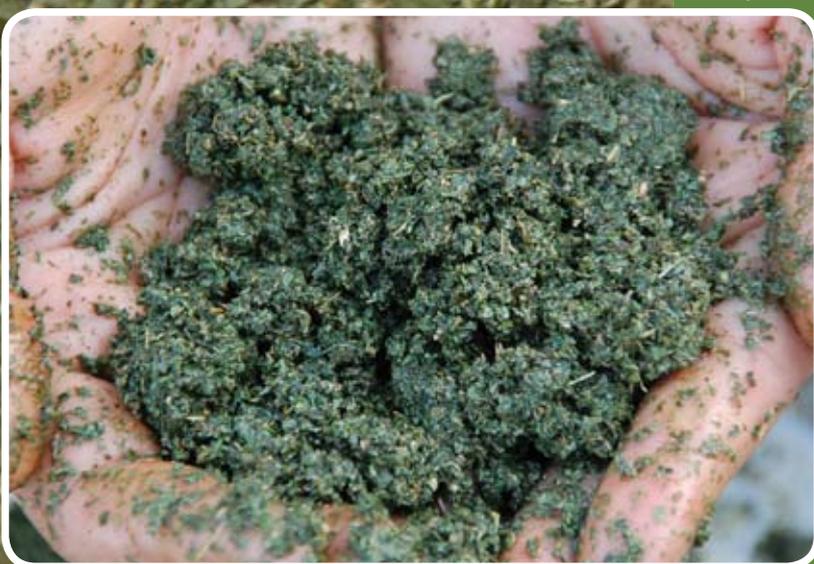
Each part of the plant holds a specific benefit and use.

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.

The root is recommended as a diuretic, for 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.

Stinging properties of nettle helps relieve arthritis pain. By rubbing the fresh herb onto the painful area, it will stimulate blood flow and alleviate some of the pain.



Readers should be warned that stinging hairs act like hypodermic needles that inject histamine and other chemicals that produce a burning and stinging pain when touched. When handling the plant, it is advised to wear gloves. Once the herb is dried or heated, it no longer stings.

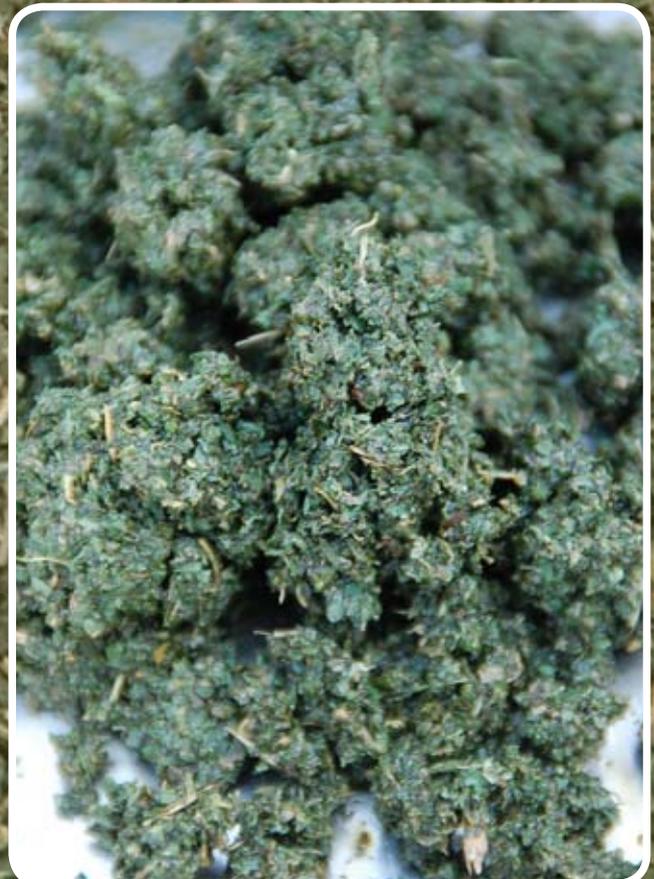
Stinging nettle is well known for curing hay fever and other allergies. It helps relieve inflammation caused by allergic reactions and clears mucus from the lungs, which is helpful in cases of respiratory problems.

Last year a stallion owned by a lady I know had a problem. The worried owner had noticed her stallions stable he was housed in overnight, was completely dry. After keeping him under observation her concerns were realized. The stallion had an obvious problem; he was unable to urinate. Understanding the valuable diuretic properties of nettle, my friend instantly made an infusion of nettle tea and fed it to her horse. To her great relief, the stallion managed to urinate within

In rare occasions, horses can be allergic to nettle in which case even in eaten they will get nettle rash. If this happens stoop feeding nettle to your horse.

a very short period of time and has happily never had the problem again. My friend was very pleased that with her own knowledge of herbs she was able to treat her beloved stallion. Nettle can be made into a tea which is good for cold, fevers, 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 nosebleed. Burns, eczema, insect bites and wounds can be cured when stinging Nettle is made as a wash.

Nettle can be feed 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, nettle can be used as a tonic or immune booster.



# Benefits of Nettle



## Stinging Hair

When the fine hair of fresh nettle leaves come in contact with a painful area in the body, it reduces levels of inflammatory chemicals.

## Leaf

It is used as a diuretic, for arthritis, prostatitis, rheumatism, rheumatoid arthritis, high blood pressure and allergic rhinitis.



## Roots

The extract of the root is used to treat prostate enlargement or benign prostate hyperplasia (BPH).

