GRANDMA'S REMEDIES

How to Make Nettle Infusion To Boost Your Energy, Vitality And Alleviate Allergies

By bestfolkmedicine · 10/12/2018 · 2 min read



Nettle is a green leafy herb from the family of Urticaceae. The plant has 6 distinct subspecies and 5 of them have trichomes or stinging hairs on the leaves and stems. This amazing plant has a long list of uses and it has long been a part of food, medicine, and fiber. One of its most common uses is in alternative medicine.

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According to Clean Food House, there are studies which indicate the ability of nettle to treat allergies. And, it does this without any side effects as it is the casewith over-the-counter meds and preventive measures

like vaccines. But, its benefits do not stop here!

Continue reading the article to learn more about the health advantages that nettle has to offer…

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Nettle: Amazing Health Benefits

- **Averts gout**
- **Detoxifies the blood**
- **Reduces dandruff and hair loss**
- **Alleviates kidney stones**
- **Lowers the blood sugar levels**
- **Betters the milk excretion in breastfeeding women**
- **Protects the immunity**
- **Encourages hair and nail growth**
- **Prevents hemorrhoids**
- **It fights off UTIs**
- **Helps remove airway mucus**

How to Make Your DIY Nettle Tea

You will need:

A tbsp of finely chopped nettle leaves

200 ml of boiling water

Preparation: Add the nettle to the boiling water. Cover it and leave it for 3 to 4 minutes. Next, strain the mixture into a cup.

DIY Nettle Infusion

Dried nettle, one ounce

A mason jar

A quart of water

Honey or stevia, optional

Preparation: Put the dried nettle into the jar and add the water. Close it and leave it overnight. Drink it strained on the daily as iced tea. You can add a bit of honey or unprocessed stevia for a sweeter taste.You can also add it to different meals, shakes, soups, and salads- the choices are numerous.

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If you want to treat minor wounds and burns,allergies, and other skin problems, apply fresh nettle leaves directly onto the affected area.

Before heading out, do not forget to check out the video below and learn more about nettle infusions and why they are essential for your overall health:

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https://www.youtube.com/watch?v=LSpvgXPJ85g

Sources:

CLEAN FOOD HOUSE

MIND BODY GREEN

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