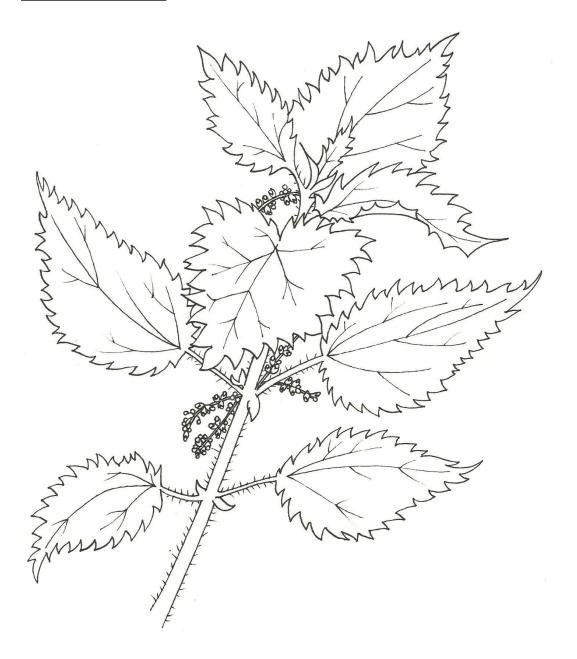


Nettles: Urtica dioica



Common Name: Nettles
Latin Name: Urtica dioica
Other Names: Stinging Nettle, Ortiga
Taxonomy: Urticacea
Native Habitat: Europe. Also found in U.S. and Canada. Temperate regions worldwide.
Planetary Influence/Correspondence:
Energetic Quality:
Botanical Description: Looks like a giant mint plant. Coarse leaves, creeping yellow roots, ovate leaves with pointed tips. Deeply serrated leaves. Square stems. Male and female flowers grow on separate plants.
Parts Used:
Pharmacological Constituents: Histamine, formic acid, chlorophyll, flavonoids, sterols, sterols, iron, vitamins A-K
Ethnobotanical/Historical Use:
Actions/Properties:
Indications:
Contraindications:
Methods of Preparation and Dosage: Root: decoction of ½ tsp / 1c water Leaves: Overnight infusion is a favorite way to make it. 1 Tbs. or more per cup of boiling water. Steep overnight. Standard infusion - follow above instructions but leave for 25-30 mins. Drink up to 1c 3x/day for nutritive benefits. Tincture- preserves histamines, good for allergies, but strips away nutritive value.
Spiritual/Magical/Religious Use:

Wildcrafting/Cultivation: **Miscellaneous Information:**