***Nutritional observation:***

***The Value of Medi Herb Stinging Nettle (Urtica Dioica leaf M7260 or root M7270)***

As a highly functional and nutritive food, Nettles have been used over the centuries for a variety of medicinal purposes. A tonic prepared from the leaves is still among the most popular plant remedies used today. One traditional remedy for rheumatism involves deliberately stinging the afflicted area with nettle leaves! The stems and leaves of the nettle leaf and stem are coated with fine hairs- considerably rich in silica & boron- that have a tendency to sting and numb the affected area. While this may seem strange, research has shown that nettle stings have anti-inflammatory properties that disrupt the NF-κB pathway and inhibit other inflammatory responses.

Scientists have identified a variety of biochemical properties in extracts of nettles that support their uses in herbal medicine. Both raw and cooked nettles are important sources of dietary protein- they can supply higher concentrations of essential amino acids than Brussels sprouts, almonds, beans and chicken. It contains a higher concentration of omega-3 fatty acids than borage oil.

Researches find nettle leaf, stem and root rich in carotenoids, Omega-3 and carotenoid content in leaf, stem, root, and seed of nettle. The amount of amino acid in nettle is higher than most other leafy vegetables and higher than almond (dry), common bean and chicken. Nettle leaves are rich in α-linolenic acid was the pre-dominant fatty acid, and seeds are richer in linoleic acid.

It is a gradual-acting nutritive herb that gently cleanses the body of metabolic wastes-it has a gentle, stimulating effect on the lymphatic system, enhancing the excretion of wastes through the kidneys.  When the liver is sluggish, it processes estrogen slowly, contributing to the high levels that cause or aggravate PMS.  It acts as a restorative remedy during menopause, and the astringency of the herb helps in excessive menstrual flow. Stinging nettle has a traditional use during pregnancy due to its rich mineral value (including Calcium and Iron) and vitamin K, which guards against excessive bleeding.  It is used during labor to ease the pains, and will increase milk production in lactating women.

Just as valuable to men, numerous German studies have shown the root to have a beneficial effect with benign prostatic hyperplasia stages 1 and 11.  These studies suggest that the root extract may inhibit interaction between a growth factor and its receptor in the prostate, though it doesn’t seem to reduce the size of an already enlarged prostate.  As a diuretic, stinging nettle increases the secretion and flow of urine.  This makes it invaluable in cases of fluid retention and bladder infections. Antilithic in nature (preventing [calculus](http://medical-dictionary.thefreedictionary.com/calculus) formation), nettle is used for breaking down kidney stones, bladder gravel and uric acid from joints.

 In an open multi-clinical trial of 219 patients with arthritis, nettle leaf was compared with non-steroidal anti-inflammatory drug (NSAID) therapy, demonstrating a similar reduction in pain and immobility, with excellent tolerability.  In an open randomized study, stinging nettle given in combination with a sub-therapeutic dose of an anti-inflammatory drug was as effective as a full dose of the drug alone for arthritis pain relief. The results were impressive: a combination of 50 g nettle leaf with one-quarter of the normal dose of diclofenac was just as effective in relieving pain as the full dose of the drug alone.

A study conducted by the National College of Naturopathic Medicine in Portland, Oregon found positive evidence of nettle leaf for treating hay fever, asthma, seasonal allergies, and hives. Australians have been using nettle for years as a treatment for asthma, but Americans didn’t catch on to this until about 1990.  A decoction of nettle is valuable in diarrhea and dysentery, hemorrhoids, and hemorrhages.

Nettle leaves are high in antioxidants with vitamin activities and have high potassium to sodium ratio.  All this indicates it as an excellent natural source for protection against neoplastic diseases (tumors), cardiovascular disorders, and immune deficiency. A combined analysis of stinging nettle’s traditional uses and demonstrated activities in clinical trials suggests that the root is a good pelvic decongestant, justifying its use in any condition including passive menorrhagia, fibroids, and dysmenorrhea. Applied externally and taken internally, stinging nettle tea is helpful for acne and eczema.  Warts rubbed with the freshly expressed juice disappear without any pain being produced.

In the respiratory system nettles help clear catarrhal congestion.  The seeds are an excellent lung astringent, particularly useful for bronchitis, tuberculosis, and consumption.  They are recommended as a remedy for goiter and to reduce body weight.  They are also considered anthelmintic, expelling worms and other parasites.

The stimulating effect of stinging nettle is used as a rinse for the hair.  This will regenerate hair growth and restore original hair color.  It is used by the personal hair care industry in anti-dandruff products and scalp conditioners.  Clairol uses more than 40 tons of nettles a year as a hair conditioner. In addition, Russian studies show that nettle tea has anti-bacterial activity.  Mouthwashes and toothpastes containing nettle can reduce plaque and gingivitis.  Many oral health care products in health food stores contain nettle.

Nettle has been used for centuries to treat allergy symptoms, particularly hayfever which is the most common allergy problem. It contains biologically active compounds that reduce inflammation. Dr. Andrew Wiel M.D. author of Natural Health/ Natural Medicine says he knows of nothing more effective than nettle for allergy relief. And his statement is backed up by studies at the National College of Naturopathic Medicine in Portland, Oregon.

In Germany today stinging nettles are sold as an herbal drug for prostate diseases and as a diuretic. It is a common ingredient in other herbal drugs produced in Germany for rheumatic complaints and inflammatory conditions (especially for the lower urinary tract and prostate). In the United States many remarkable healing properties are attributed to nettle and the leaf is utilized for different problems than the root. The leaf is used here as a diuretic, for arthritis, prostatitis, rheumatism, rheumatoid arthritis, high blood pressure and allergic rhinitis.

A solution of the extract may be applied to the skin to relieve joint pain and muscle aches. Astringent properties of nettle aerial parts may also help to lessen the swelling of hemorrhoids and stop bleeding from minor skin injuries such as razor nicks. An astringent shrinks and tightens the top layers of skin or mucous membranes, thereby reducing secretions, relieving irritation, and improving tissue firmness. It may also be used topically for dandruff and overly oily hair and scalp.

Applications for use with Nettle leaf and root:

Inflammation, Remineralization, Prostate, Allergies & Histamine sensitivity, UTIs, Heavy Metal Detox (for remineralization)

Traditionally, nettle root is used to treat various urinary problems. Today, it is a recognized remedy for benign prostatic hyperplasia, or BPH, and, in Europe, it is used routinely as a treatment for this condition. Symptoms of BPH, including "reduced urinary flow, incomplete emptying of the bladder ... and [a] constant urge to urinate," may be relieved by nettle root, according to the University of Maryland Medical Center. Although the mechanism is not well understood, the root may improve the condition by lowering levels of testosterone, a hormone that stimulates growth of the prostate and may be responsible for its abnormal growth in BPH. - See more at: http://www.livestrong.com/article/458817-nettle-root-versus-stinging-nettle/#sthash.cyqPFXKH.dpuf

Kim’s favorite sleep tonic to be taken about an hour before bed:

Blend 1 teaspoon each of Calcium Lactate powder and Nettle Leaf liquid in water. Swallow the following:

4 Magnesium Lactate

4 Min Tran

2 Nevaton

My sleep is such that my body goes to sleep and wakes up quite calmly and naturally.