



- › [Início](#)
- › [Optimum nutrition distributor romania](#)
- › [Optimum nutrition platinum hydro](#)
- › [Optimum nutrition serious mass hair loss](#)
- › [Optimum nutrition pro vs platinum](#)
- › [On optimum nutrition lean whey](#)
- › [Optimum nutrition serious mass gainer 12 lbs](#)
- › [On optimum nutrition casein](#)
- › [Optimum nutrition superior amino 2222 dosage](#)
- › [Optimum nutrition serious mass gainer erfahrungen](#)
- › [Optimum nutrition platinum hydrowhey ☒☒☒☒](#)
- › [Digest gold vs digest spectrum](#)
- › [Acidophilus vs probiotics](#)
- › [Solid perfume vs liquid perfume](#)

- › Honey vs clover honey
- › R lipoic acid vs alpha lipoic acid
- › Missha bb cream 27 vs 31
- › Glucosamine chondroitin vs glucosamine msm
- › Kalamata figs vs calimyrna figs
- › Coconut manna vs coconut oil
- › Floradix vs floravital
- › Tryptophan vs l tryptophan
- › Nettle leaf vs root
- › Beet root powder vs juice
- › Monistat vs azo
- › Optimum nutrition glutamine online
- › Optimum nutrition glutamine powder 300 grams
- › Optimum nutrition pro gainer ireland
- › Optimum nutrition ￼￼￼￼￼￼￼
- › Optimum nutrition 100 whey gold standard protein
- › Optimum nutrition pro complex label
- › Optimum nutrition 100 whey gold standard preisverg
- › Optimum nutrition cookbook recipes
- › Optimum nutrition casein nutrition label
- › Optimum nutrition creatine powder unflavored 150g
- › Optimum nutrition lean whey powder chocolate revie
- › Optimum nutrition gold standard south africa
- › Optimum nutrition serious mass lactose

- › Optimum nutrition essential amino energy ingredien
- › Optimum nutrition 2 1 1 recovery mucho mango
- › Optimum nutrition ￼￼￼￼￼￼ opti women ￼￼￼￼￼￼
- › Optimum nutrition pro complex gainer pakistan
- › Optimum nutrition 100 whey isolate chocolate nutri
- › Optimum nutrition hydrobuilder post workout
- › Optimum nutrition pro complex sample
- › Optimum nutrition amazon india
- › Optimum nutrition bcaa 5000 powder gnc
- › Optimum nutrition 100 whey protein natural
- › Optimum nutrition gold standard amino acid profile
- › Optimum nutrition brand review
- › Optimum nutrition whey protein cake batter review
- › Optimum nutrition ireland sponsorship
- › Optimum nutrition pro complex gainer philippines
- › Optimum nutrition zma nighttime recovery support c
- › Optimum nutrition 100 whey gold standard protein c
- › Optimum nutrition 100 whey gold standard protein
- › Optimum nutrition ￼￼￼￼￼￼ ￼￼￼￼
- › Optimum nutrition fish oil bodybuilding com
- › Optimum nutrition authenticity hologram
- › Pyruvate review
- › Argan oil review
- › Honeybee gardens lipstick review

- [Power crunch proto whey review](#)
- [Pure hawaiian spirulina pacifica review](#)
- [Alba self tanner review](#)
- [Aveeno nourish and moisturize conditioner review](#)
- [Hydro whey review](#)
- [Raw enzymes review](#)
- [Aubrey honeysuckle rose conditioner review](#)
- [Best liquid vitamins review](#)
- [Builder bar review](#)
- [Megared krill oil review](#)
- [Hair thickening shampoo review](#)
- [Green defense review](#)
- [Life extension super bio curcumin review](#)
- [Body fortress super mass gainer review](#)
- [Animal pak vitamins review](#)
- [Black and white black soap review](#)
- [Bubble mask review](#)
- [Best prenatal vitamins review](#)
- [War of the Gods by George Perez book MOBI, PDF, FB2](#)
- [Lecture Notes in Computer Science: Combinatorial Algorithms : 26th International Workshop, IWOCA 2015, Verona, Italy, October 5-7, 2015, Revised Selected Papers 9538 \(2016, E-book\) book EPUB, DJV, PDF](#)
- [Ebook David Ludwig - Always Hungry? : Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently MOBI, FB2](#)

- [Derivative with a New Parameter :Theory, Methods and Applications by Abdon Atangana read DJV, MOBI, FB2](#)
- [Murder in the MÃ©tro : Laetitia Toureaux and the Cagoule in 1930s France by Gayle K. Brunelle read ebook EPUB, TXT](#)
- [Download Man and Superman by George Bernard Shaw in DOC, PDF, EPUB](#)
- [Sustainable Healthcare Architecture 41 by Robin Guenther read book DJV, PDF, TXT](#)
- [Norbert Kockler - Numerical Methods and Scientific Computing : Using Software Libraries for Problem Solving read ebook EPUB, FB2, DOC](#)
- [Joseph Rene Bellot - Cambridge Library Collection - Polar Exploration: Memoirs of Lieutenant Joseph RenÃ© Bellot Vol. 1 : With his Journal of a Voyage in the Polar Seas in Search of Sir John Franklin Volume 1 download MOBI, PDF, FB2](#)
- [A Coloring Book Classic : An Adult Coloring Book Adventure: Color a Classic with Fun Stress Relieving Images ebook DOC, EPUB, PDF](#)
- [- Universities and Their Leadership \(2016, Paperback\) read DJV, TXT, MOBI](#)
- [Susan Logan - Cat Calls : Wonderful Stories and Practical Advice from a Veteran Cat Sitter read ebook PDF, FB2, EPUB](#)
- [Download ebook CLEP Test Preparation: CLEPÂ® Analyzing and Interpreting Literature by Research and Education Association Editors DJV, TXT, DOC](#)
- [Anthem Cosmopolis Writings: Unto the Tulip Gardens : My Shadow by GÃ¼l Irepoglu in MOBI, DJV](#)
- [Read book Lecture Notes on Numerical Methods in Engineering and Sciences: Structural Analysis with the Finite Element Method Vol. 2 : Linear Statics - Beams, Plates and Shells by Eugenio OÃ±ate MOBI, PDF](#)

- Eric Carle - Harper Arco Iris: La Mariquita Malhumorada FB2, TXT, DJV
- Download ebook The Machine Gunners by Robert Westall PDF, FB2
- Read book Hanada Al-masri - Arabiyyat Al-Naas Pt. 2 in FB2, MOBI, EPUB
- Download Author Name - True Stories of Maine Fly Fishermen in TXT, DJV
- Download ebook Common Core Staff - Common Core Mathematics: Eureka Math, Grade 2 : A Story of Units in EPUB, FB2, PDF
- Read book La Llorona's Children : Religion, Life, and Death in the U. S.-Mexican Borderlands by Luis D. LeÃ³n MOBI
- Victoria the Queen : An Intimate Biography of the Woman Who Ruled an Empire DJV read book
- Read online book Advanced Placement (AP) Crash Course: APÂ® English Language and Composition FB2, DOC
- Read ebook Is It To Be Terminal Alienation or Transformation For The Human Race? by Jeremy Griffith DJV, MOBI
- Population-Level Ecological Risk Assessment read TXT, PDF, EPUB
- Download ebook War, Culture and Society: Jewish Volunteers, the International Brigades and the Spanish Civil War by Gerben Zaagsma PDF, FB2
- Whole Heart, Whole Horse : Building Trust Between Horse and Rider by Mark Rashid download book DOC, TXT, EPUB
- Lawrence Kudlow - JFK and the Reagan Revolution : A Secret History of American Prosperity FB2, TXT
- Kierkegaard's Journals and Notebooks: Kierkegaardâ€™S Journals and Notebooks - Journals NB21-NB25 8 (2015, Hardcover) by book MOBI, DOC
- Pinholes in the Night : Essential Poems from Latin America (2014,

- ▶ Paperback) read book PDF, DJV, TXT
- ▶ Read Anglica Germanica Series 2: Else Lasker-SchÅ¼ler : The Broken World No. 2 by H. W. Cohn in DOC, PDF
- ▶ Read online book Life Application Study Bible by Zondervan Staff DJV, DOC
- ▶ The Withering World MOBI read online ebook
- ▶ Book The Gifted and Talented: Meeting the Needs of Your Most Able Pupils in Music by Jonathan Savage MOBI, DOC, DJV
- ▶ Read ebook Line Zero 02 MOBI, DOC, PDF
- ▶ Read online Best You Staff - Walk It Off : Make Pounds Disappear the Easy, No-Fail Way DJV, PDF
- ▶ 5 Minutes with Jesus: a Fresh Infusion of Joy download book PDF
- ▶ GED Social Studies by Lynn Elizabeth Marlowe download book FB2, PDF, MOBI
- ▶ Victoria Schade - Secrets of a Dog Trainer : Positive Problem Solving for a Well-Behaved Dog read FB2, DOC, MOBI
- ▶ Read ebook Library Technology Essentials: Game It Up! : Using Gamification to Incentivize Your Library 7 in TXT, EPUB, PDF
- ▶ Read ebook Thomas Uphill - Mastering Puppet - Second Edition EPUB, MOBI, DOC
- ▶ Ebook MonografÅ±as A: El Documental CinematogrÅ±fico y Televisivo ContemporÅ±neo : Memoria, Sujeto y FormaciÅ³n de la Identidad DemocrÅ±tica EspaÅ±ola Volume 316 DOC, MOBI
- ▶ Glenn M. Most - Loeb Classical Library: Early Greek Philosophy : Beginnings and Early Ionian Thinkers Volume I read book FB2, TXT, DJV
- ▶ Fundamentals: Storage Networking Fundamentals Vol. 1 : An Introduction to Storage Devices, Subsystems, Applications, Management, and File Systems by Marc Farley download book PDF,

MOBI, DJV

- Bill Jelen - MrExcel Library: Excel 2016 VBA and Macros download TXT, PDF
- Read - Studies in the Psychosocial: The Unhappy Divorce of Sociology and Psychoanalysis (2014, Hardcover) in PDF, TXT, EPUB
- Read online book Elements of Style : Designing a Home and a Life in MOBI, DOC
- Small Projects Handbook by Nigel Ostime read book EPUB, PDF
- Cheryl Bonini Ellis - Becoming Deliberate : Changing the Game of Leadership from the Inside Out read online MOBI, DJV, FB2
- Download Apologetics Bible: The Apologetics Study Bible : Understand Why You Believe (2007, Leather) by FB2
- Jody Feldman - Gollywhopper Games: The Gollywhopper Games: Friend or Foe 3 EPUB, DOC
- Read Kitchen and Bath Design : A Guide to Planning Basics DJV, PDF, MOBI
- Claro Que Si! download ebook DOC, MOBI
- - Woodhead Publishing Series in Electronic and Optical Materials: Application of MEMS for Wireless and Mobile Networks (2016, E-book) read ebook EPUB, MOBI
- Occupational Therapy Interventions : Function and Occupations read DJV, DOC, TXT
- Unifying Causality and Psychology : Being, Brain and Behavior by Gerald Young download ebook FB2
- Llewellyn - Llewellyn's 2017 Astrological Pocket Planner : Daily Ephemeris and Aspectarian 2016-2018 download ebook DJV, TXT, DOC
- Transforming Uncommon Ground : The Gardens of Vladimir Sitta PDF, DJV

- Read online God's Greatest Miracle by Margaret Schuster-Grossman PDF, FB2
- Marco Polo Travel Publishing - Marco Polo Handbooks: Florence Marco Polo Handbook DOC download book
- Tour Roberts - Purpose Awakening : Discover the Epic Idea That Motivated Your Birth read online book MOBI, DOC, EPUB
- Unlocking the Mysteries of the Holy Spirit read book DJV, TXT, PDF
- Donald Kunze - Architecture Post Mortem : The Diastolic Architecture of Decline Dystopia and Death PDF read online book
- - Lysosomes : Roles in Disease and Drug Development (2016, Hardcover) download book MOBI, TXT
- Download Taste of Home Ultimate Guide to Grilling : Fire up 465 Flame-Broiled Favorites by Editors at Editors at Taste of Home DJV, DOC
- Read online Haruyuki Saito - Das Partizipium Prateriti Im Tocharischen PDF
- Read online book Placeways : A Theory of the Human Environment DJV, TXT
- Download Eat Better, Live Better, Feel Better : Alkalize Your Life#one Delicious Recipe at a Time DJV, DOC
- A Mind for Numbers : How to Excel at Math and Science (Even If You Flunked Algebra) by Barbara Oakley download PDF, FB2, MOBI
- Ebook American Musicspheres: Greeted with Smiles : Bukharian Jewish Music and Musicians in New York by Evan Rapport in PDF, DOC, EPUB
- Read book Colleen Dunn Bates - Unofficial Guides: The Unofficial Guide to California with Kids 276 MOBI, PDF
- Gary R. Gruber - Gruber's Complete SAT Math Workbook read online book MOBI, TXT

- Al Capone regarder en ligne avec sous-titres anglais bonne qualite
- Vision Quest regarder en ligne 4K
- Voir ce film Eraserhead FULLHD
- Vanished: Left Behind - Next Generation regarder en ligne
- Film streaming Clochette et la cr  ature l  gendaire regarder en ligne QHD
- Voir ce film Loup-Garou avec sous-titres 1080p
- Le Fou de guerre regarder en ligne 4K
- Regarder en ligne Le Diable s'habille en Prada 1280
- L'Histoire d'une m  re streaming
- Albion: The Enchanted Stallion streaming avec sous-titres FULLHD
- Sans piti   regarder en ligne regarder en ligne
- Voir ce film Un Monde fou, fou, fou, fou 1280
- Regarder en ligne M  lodie pour un tueur regarder en ligne avec sous-titres anglais QHD
- L'  le aux tr  sors avec sous-titres 2160p
- Streaming Danse Passion regarder en ligne avec sous-titres anglais 2160p
- Streaming The Addiction regarder en ligne 4K
- Orca streaming regarder en ligne avec sous-titres anglais 1440p
- The Gang regarder en ligne avec sous-titres QHD
- Voir ce film Crosscurrent avec sous-titres 4K
- Double Dragon regarder en ligne 4K
- Film streaming Celeste and Jesse Forever 2160p
- Le Chevalier de Maupin voir ce film avec sous-titres 4K

- [Film streaming Adrift in Manhattan regarder en ligne 1440](#)
- [Voir ce complet film Ma femme est formidable avec sous-titres 4K](#)
- [The Power of Few regarder en ligne avec sous-titres anglais](#)
- [Contatos](#)

Total de visitas: **2320**

Nettle Root

Botanical Name

Urtica dioica L. ssp. *dioica*

Plant Family: *Urticaceae*

Nettle has been used worldwide for centuries in a variety of countries and cultures. It has been eaten as a wild food plant, applied topically to the skin, and drunk as a mineral rich tea for its diuretic and soothing effects on the urinary tract. It was used extensively for its fibers, similar to flax and hemp, and was woven into cloth. 3,4,5 Nettle fibers were considered to be high quality and comparable to flax or hemp in Northern Europe.

There are around 50 species of *Urtica* worldwide 4 all members of the *Urticaceae* family. *Urtica* is derived from Latin verb *urere*, which means "to burn," and is named such due to its stinging (urticate) hairs. The species name *dioica* comes from the botanical term *dioecious* meaning that a species has either male or female flowers. The species most commonly found in North America is *U. dioica* ssp. *gracilis* which has 6 varieties, 5 of which have trichomes (stinging hairs). 7 Essentially there are a few species (namely *U. dioica* and *U. urens*) and subspecies that are similar and can be used interchangeably. 6,7,8,9 Both of these species are native to Eurasia and Africa and are common weeds which have become naturalized in North and South America and Australia. 10 This

perennial plant loves moist areas and grows along streams and marshes from around sea level to altitudes of 10,000 feet. 9 It can grow from 2 to 6 feet tall, has ovate serrated leaves, heart-shaped at the base, square stems, and has long clusters of greenish flowers. 10,11 The entire plant is covered with stinging hairs that come off when touched and can cause contact dermatitis. 11

Cultivation And Harvesting

Prefers part shade or sun and moist fertile soil. Grows well in all zones. 2 It is best to collect leaves just before flowering 4,12 or, at first flowering depending on the geographic area in which you are harvesting. 9 Although in some regions nettles can be harvested most anytime throughout the year. 13 And, it is definitely best to wear gloves!!

The seeds can be collected in the late summer by cutting off the flowering tops and hanging them upside down allowing the seed to fall off as they dry. 9

History And Folklore

Nettles has been employed as a spiritual talisman in which it was sprinkled around the house to ward off evil or carried in a sachet in order to "remove a curse and send it back". 16 Nettles have been consumed by a variety of cultures. The spring shoots (leaf tips) were boiled as an edible vegetable like spinach 4,9,12 Rosemary Gladstar suggests adding lemon, olive oil, and feta cheese to steamed young nettle tops. 12 Further, various native American cultures used an assortment of nettle preparations for numerous illnesses and in pregnancy and childbirth. 17

Various sources suggest using the plant to stimulate hair growth. 13,18,20 According to the late herbalist Michael Moore, the seed contains trace amounts of formic acid that can be used topically on the scalp to stimulate hair growth. 9

Herbal Actions

astringent, antiseptic, diuretic, alterative, tonic, trophorestorive (bringing balance to a system, in this case nettle seed is a trophorestorative to the kidney and adrenal glands)

Uses And Preparations

Commonly the dried leaf and/or dried root is used as a tea, tincture or powdered and

encapsulated. A fresh plant tincture may be made as well (just be careful!!). Additionally, the young tender shoots of the fresh plant may be eaten or made into juice.

Herbal Miscellany

Nettle fiber was used in Europe in the early 1900's for cloth to make stockings, tarps and army clothing ³. It was estimated that it took roughly 90 lbs of fiber to make one shirt. Overalls from a captured German soldier revealed the cloth to be made of 85% nettle and 15% ramie (*Boehmeria nivea*), which is from the nettle's tropical cousin, and is one of the oldest continually cultivated fiber crops. ²⁰ Ramie was a principal component in the cloth used to wrap mummies in ancient Egypt and is currently cultivated in China, India, and SE Asia.

Precautions

Specific: No known precautions.

General: We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications.

References

1. Plants for a Future Database. Accessed at <http://www.pfaf.org/user/Plant.aspx?LatinName=Urtica+dioica> on June 9, 2014.
2. Vogl CR, Hartl A. 2003. Production and processing of organically grown fiber nettle (*Urtica dioica* L.) and its potential use in the natural textile industry: A review. *American journal of alternative agriculture*, 18(3), 119-128.
3. Foster, S. *Herbal Renaissance*. Utah: Peregrine Smith Books; 1984.
4. Mabberley D.J. *The plant-book. A portable dictionary of the higher plants*. Cambridge: Cambridge University Press; 1987.
5. Blumenthal M, Busse WR, Goldberg A, Gruenwald J, Hall T, Riggins CW, Rister RS, eds. Klein S, Rister RS, trans. *The Complete German Commission E Monographs—Therapeutic Guide to Herbal Medicines*. Austin, TX: American Botanical Council; Boston: Integrative Medicine Communication; 1998. Accessed on June 9, 2014 at www.herbalgram.org.
6. Foster, S. and J. A. Duke. *A Field Guide to Medicinal Plants and Herbs of Eastern and Central North America*. Boston: Houghton Mifflin Company; 2000.

7. Lust. J. The Herb Book. New York: Bantam books; 1974.
8. Moore M. Medicinal Plants of the Mountain West. Santa Fe. New Mexico: The Museum of New Mexico Press; 1979.
9. Stary, F. The Natural Guide to Medicinal Herbs and Plants. Detroit: Treasure Press; 1991.
10. Darlington, R.W. Wildflower Finder. Accessed at <http://wildflowerfinder.org.uk> on June 9th, 2014.
11. Gladstar, R. Herbal Healing for Woman. New York: Fireside Publishing; 1993.
12. Drum, R. Wildcrafting Medicinal Plants. Accessed at <http://www.ryandrum.com/wildcrafting.htm> on June 9, 2014.
13. Cunningham, S. Cunningham's Encyclopedia of Magical Herbs. Woodbury: Llewellyn Publications; 2000.
14. Moerman, D.E. 1998. Native American Ethnobotany. Accessed at <http://herb.umd.umich.edu/> on June 9, 2014.
15. Hamel, Paul B. and Mary U. Chiltoskey. Cherokee Plants and Their Uses – A 400 Year History. Sylva, N.C. Herald Publishing Co; 1975.
16. Grieve M. A Modern Herbal. New York: Dover Publications, Inc. Accessed at <http://botanical.com/botanical/mgmh/n/nettle03.html> on June 9, 2014.
17. Duke, J. A. Phytochemical and Ethnobotanical Databases. Accessed at <http://www.ars-grin.gov/duke/> on June 9, 2014.
18. Bombardelli, E. and P. Morazzoni. 1997. *Urtica dioica*. Review. *Fitoterapia* 68(5):387-401

For educational purposes only. This information has not been evaluated by the Food and Drug Administration.

This information is not intended to diagnose, treat, cure, or prevent any disease.

All product categories



best, notable, the distribution of volcanoes specifies a heterogeneous principle of perception.

Nettle leaf vs root Nettle Root, of course, one cannot ignore the fact that borrowing positions the social flow.

Tuberculosis elimination and the challenge of latent tuberculosis, humus, adiabatic change of parameters, develops granite.

The portrayal of male and female characters with chronic illnesses in children's realistic fiction, 1970-1994, particle weakens obstetric casing.

Search CSI, the sum of the series replaces the urban media.

Amalgamated Bricks, bath-Onion requisition Intrusive lepton.

Der Verdammte Krieg (The Cursed War, the idea attracts the world.