

Nettle Leaf – Vitality Restorer, Mineral-Rich Tonic & Gentle Cleanser

Botanical Profile

- Latin Name: *Urtica dioica*
- Alternative Names: Stinging Nettle, Common Nettle
- Plant Family: Urticaceae (Nettle family)
- Parts Used: Leaf (also root and seed in different preparations)
- Origin: Native to Europe, Asia, North America; now naturalised in temperate regions worldwide

Nettle Leaf is a foundational herb in Vitalist herbalism—offering deep nourishment, strengthening of tissues, and gentle elimination support. Rich in chlorophyll, iron, silica, and a wealth of minerals, it is ideal for rebuilding depleted constitutions. At Peridotflow Wellness Centre, we view Nettle as both a cleanser and a fortifier—perfect for those who feel tired, inflamed, undernourished, or out of balance with the earth's rhythm.

Restores Energy and Vitality Through Mineral Nourishment

Nettle is a superior nutritive tonic, supplying iron, calcium, magnesium, silica, and vitamins that replenish depleted tissues. It supports those recovering from burnout, illness, postnatal depletion, or long-term stress with sustainable strength and energy.

Acts as a Gentle Diuretic and Lymphatic Cleanser

By supporting the kidneys and lymphatic system, Nettle helps remove metabolic waste and inflammatory debris. It reduces puffiness, supports fluid balance, and is excellent for conditions involving stagnation or congestion.

Reduces Allergic Reactions and Hay Fever Symptoms

Nettle stabilises histamine response and reduces inflammation in allergic conditions. It can ease hay fever, sinus congestion, hives, and itchy skin. Best taken consistently leading into allergy season for preventive support.

Supports Joint Health and Reduces Inflammatory Pain

Due to its mineral content and anti-inflammatory effects, Nettle is commonly used in formulas for arthritis, gout, and muscle pain. It clears uric acid, tones the kidneys, and nourishes tissues affected by chronic inflammation.

Promotes Healthy Hair, Skin, and Nails

Nettle's silica and mineral richness makes it a beautifying herb for hair growth, nail strength, and skin clarity. It supports healthy collagen formation and can assist in addressing brittle nails or dull hair due to mineral deficiency.

Folklore & History

Nettle has been used since ancient times for food, medicine, and fibre. In Celtic and Anglo-Saxon traditions, it was considered a spring cleanser and blood purifier. Despite its sting, it was seen as a plant of strength and protection—warding off negativity and bringing warmth to cold, stagnant tissues. Roman soldiers reportedly used nettle to warm their limbs by flagellating themselves with it.

Traditional Usage

Infused as a tonic tea, added to nourishing broths, or dried for long-term use. Traditionally used in spring as a cleanser and restorative. Tinctured or powdered for use in kidney and joint formulas. Employed topically as a rinse for hair or skin health.

Herbal Actions

Nutritive, Diuretic, Anti-inflammatory, Astringent, Tonic, Antihistamine, Alterative

Energetics & Tissue States

Temperature: Cooling

Moisture: Drying

Tissue States: Atrophic, Damp-Stagnant, Relaxed, Boggy

Active Compounds

- Chlorophyll – Tissue oxygenation and detoxification
- Flavonoids – Anti-inflammatory and antihistamine
- Minerals (Iron, Calcium, Magnesium, Silica) – Deep nourishment
- Formic acid and histamine (in fresh plant) – Stimulating and warming effect

Dosage & Preparation

- Tea: 1–2 tsp dried leaf per cup, steep 10–20 mins; drink 1–3x daily
- Tincture: 2–5 ml up to 3x daily
- Powder: ½–1 tsp added to smoothies or food

- Broth infusion: Add to soup bases or stews for deep nourishment
- Hair rinse: Infuse and strain, apply as scalp tonic

Safety & Contraindications

- Generally very safe; mild drying in large amounts
- Diuretic action may increase urination—monitor in low blood pressure
- Avoid handling fresh without gloves due to sting
- Monitor iron levels if combining with supplementation

Herbal Pairings

- Red Clover – for lymph and skin support
- Dandelion Leaf – for kidney and liver clearing
- Burdock Root – for deep tissue detox and nourishment
- Horsetail – for silica synergy and connective tissue support
- Schisandra – for adaptogenic and liver-toning effect

Peridotflow Perspective

Nettle leaf embodies fierce nourishment. It teaches us that even the most uncomfortable encounters can offer deep medicine. At Peridotflow, we call on Nettle for those who need strength, clarity, and reconnection with the earth's mineral wisdom. It reminds us that true healing is both cleansing and rebuilding, and that groundedness is the foundation of radiant vitality.