

Stinging Nettle Infusion.

Stinging nettle is a powerful infusion to take every day because it is a powerhouse of nutrition and iron. Once often prescribed by midwives to prevent anemia after childbirth, this infusion is also full of vitamin K to really help strengthen the blood platelets. These elements help ensure that the blood is strong, and you're able to form blood clots properly. The quality and strength of your blood directly ties into the strength of your Root Chakra as well. Inexpensive, you can purchase stinging nettle at Luminare in Bedford.

Nutritional benefits:

- Vitamins: Vitamins A, C and K, as well as several B vitamins
- Minerals: Calcium, iron, magnesium, phosphorus, potassium and sodium
- Fats: Linoleic acid, linolenic acid, palmitic acid, stearic acid and oleic acid
- Amino acids: All of the essential amino acids
- Polyphenols: Kaempferol, quercetin, caffeic acid, coumarins and other flavonoids
- Pigments: Beta-carotene, lutein, luteoxanthin and other carotenoids
- Antioxidants: Helps prevent free-radical damage and fights against cancer.

Ingredients:

- 1 Quart boiled Water
- 1 Ounce dried Stinging Nettle

Instructions:

Place 1oz of dried stinging nettle into a large quart mason jar. (Roughly 4 cups) Add a quart, or, roughly four cups of boiled water. Soak the dried nettle. Use a knife or spoon to gently stir the nettle and ensure all nettle is soaked. Allow to steep for 24 hours for maximum nutrient extraction, in addition to enhancing the taste. Most people do not enjoy the taste of stinging nettle, and allowing it to steep for 24hrs mellows out the flavor and makes it more palatable. You can drink ½ a cup to start, or provided you do not have a dry consistency, you may drink the whole quart each day. If you run on the dryer side, consider adding some marshmallow root to the infusion and increase your water intake. If you find yourself too dry, reduce the amount taken.