

BENEFITS OF STINGING NETTLES

Rich in vitamins, minerals, amino acids and protein building blocks. It is one of the plants **highest in protein, calcium, and iron. It is very high in chlorophyll; has phosphorus, potassium, zinc, copper, sulphur, B complex vitamins-especially thiamin and riboflavin, vitamins A, C,D,K, niacin, manganese, selenium, chromium, cobalt.**

Nettles is a nourishing tonic that helps to gently alter your body systems toward optimal function. Used in all stages of life. It makes your hair grow thick and beautiful, clears skin, helps support women before during and after pregnancy. Improves lactation, increases fertility, vitalizes libido. It helps your body get rid of protein wastes, and supports your nervous system.

Immune system- Significant for decreasing allergic reactions, acts on the protein pathway and helps your body not respond so strongly. Also decreases the mucus "side effects" of the reaction.

Lungs- decreases mucus, tones tissue, relieves colds, asthmas, bronchitis, pleurisy.

Kidneys- supports and heals, helps diminish stones, infections, regulates fluids, tones tissues

Digestion- heals ulcers and GI tissues, tonifies Liver, Gall Bladder, Spleen, balances fluids to decrease constipation also decreases diarrhea,

Arteries- tonifies, increasing efficiency of the blood vessels, builds blood, helps balance blood pressure, anemia,

Endocrine- Hypothyroid, supports adrenals

Joints/muscles- Decreases inflammation and clears calcifications, arthritis, gout, "itis's" of all kinds, builds tissues, restores strength and energy

RAW APPLE CIDER VINEGAR

Only raw organic apple cider vinegar has the "mother of vinegar" that makes the vinegar so beneficial. The "mother" is made up living nutrients and bacteria. You can actually see it settled in the bottom of the bottle like sediment. **Potassium** – helps to prevent brittle teeth, hair loss and runny noses.

Pectin – helps to regulate blood pressure and reduce bad cholesterol.

Malic Acid – gives ACV the properties of being anti-viral, anti-bacterial & anti-fungal.

Calcium – helps create strong bones and teeth.

Ash – gives ACV its alkaline property which aids your body in maintaining proper pH levels for a healthy alkaline state.

Acetic Acid – It appears that this acid slows the digestion of starch which can help to lower the rise in glucose that commonly occurs after meals.

Rich in Enzymes & Potassium

Supports a healthy Immune System Can help alleviate Menstrual Pains

Joint Pain and Stiffness

Promotes Digestion , pH Balance, Metabolism which encourages Weight Loss, Eliminates Heartburn naturally , assists with balancing cholesterol

Clear Up Skin Conditions, Can help reduce appearance of Cellulite

Soothes Dry Throats and Reduce Sinus Infections