

The Original and Still the Best

with added
**Stinging
Nettle**

Liquid Sea Minerals



Ideal Sea Minerals with added Stinging Nettle is a balance of minerals and special herbs which will help your internal organs to function better at the same time boosting your immune system. It will help your body get back on track.

Stinging Nettle

Stinging nettle has been used for centuries to treat rheumatism, eczema, arthritis, gout, and anemia. Many people use it to treat the early stages of an enlarged prostate, for urinary tract infections, kidney stones, hay fever, and in compresses and creams to treat joint pain, sprains and strains, tendonitis, insect bites and rheumatoid arthritis.

With distinctive yellow, widely spreading roots it is a herbaceous perennial, growing to 1-2 m tall.

The soft green leaves are 3-15 cm long, with a strongly serrated margin, a cordate base and an acuminate tip. Both the leaves and the stems are covered with brittle, hollow, silky hairs that were thought to contain formic acid as a defence against grazing animals. Recent research has revealed the cause of the sting to be from three chemicals - a histamine to irritate the skin, acetylcholine to bring on a burning sensation and serotonin to encourage the other two chemicals (Elliott 1997).



Stinging Nettle

It is abundant in northern Europe and much of Asia. It is less frequent in southern Europe and North Africa. It can be found in Canada and the USA (excepting Hawaii and South Carolina) and also occurs in Mexico.

In the UK it has a strong association with human habitation and buildings. Sites of long abandoned buildings can often be deduced from the presence of nettles. This is believed to relate to elevated levels of phosphate in soils from human and animal waste. This is particularly evident in Scotland where the sites of crofts razed to the ground during the Highland Clearances can still be identified.

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