

# Nettle Leaf or Nettle Root?

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Discover the differences and use them mindfully!

The two main parts of nettle – the leaf and the root – have different beneficial properties. They can be used effectively for different health issues.

## What's the difference when used internally?

- Nettle leaf supports blood formation, kidney function, and digestion.
- Nettle root specifically targets prostate and urinary tract issues. It has a stronger diuretic effect than the leaf.

## How long can you drink it?

Nettle tea is a great choice in both cases, but use it for a maximum of 4 weeks at a time, then take a break.

Not recommended for children under 12 or during pregnancy.

## How to make it taste better?

You can enhance nettle's distinct taste with honey, lemon, ginger, cinnamon, or even vanilla. Feel free to experiment!

## How to prepare it?

- Nettle leaf tea (infusion):
  - Pour 150 ml of boiling water over 2–4 g of crushed nettle leaf. Let it steep for 5–10 minutes, then strain. Drink 3–6 times a day, but don't exceed 12 g per day.
- Nettle root tea (decoction):
  - Boil 1.5 g of crushed nettle root in 150 ml of water for 10–15 minutes. Strain and drink 3–4 times daily.

Use high-quality herbs and pay attention to how your body responds. Even with natural remedies, mindfulness and moderation matter.

### **Scientifically recognized contraindications**

- Not recommended in cases of kidney disease due to strong diuretic effects.
- May interact with blood-thinning medications – consult your doctor before use.
- If you have high blood pressure, especially when using nettle root, seek medical advice.
- Not suitable during pregnancy or breastfeeding.

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