



The Wild Nettle Co.

HERBAL HOME REMEDIES GUIDE

HOW TO USE 10 COMMON
HERBS FOR PLANT MEDICINE

**BONUS – 5 RECIPES USING NETTLES
FOR IMMUNE BOOSTING WELLNESS**

ALL YOU NEED TO KNOW

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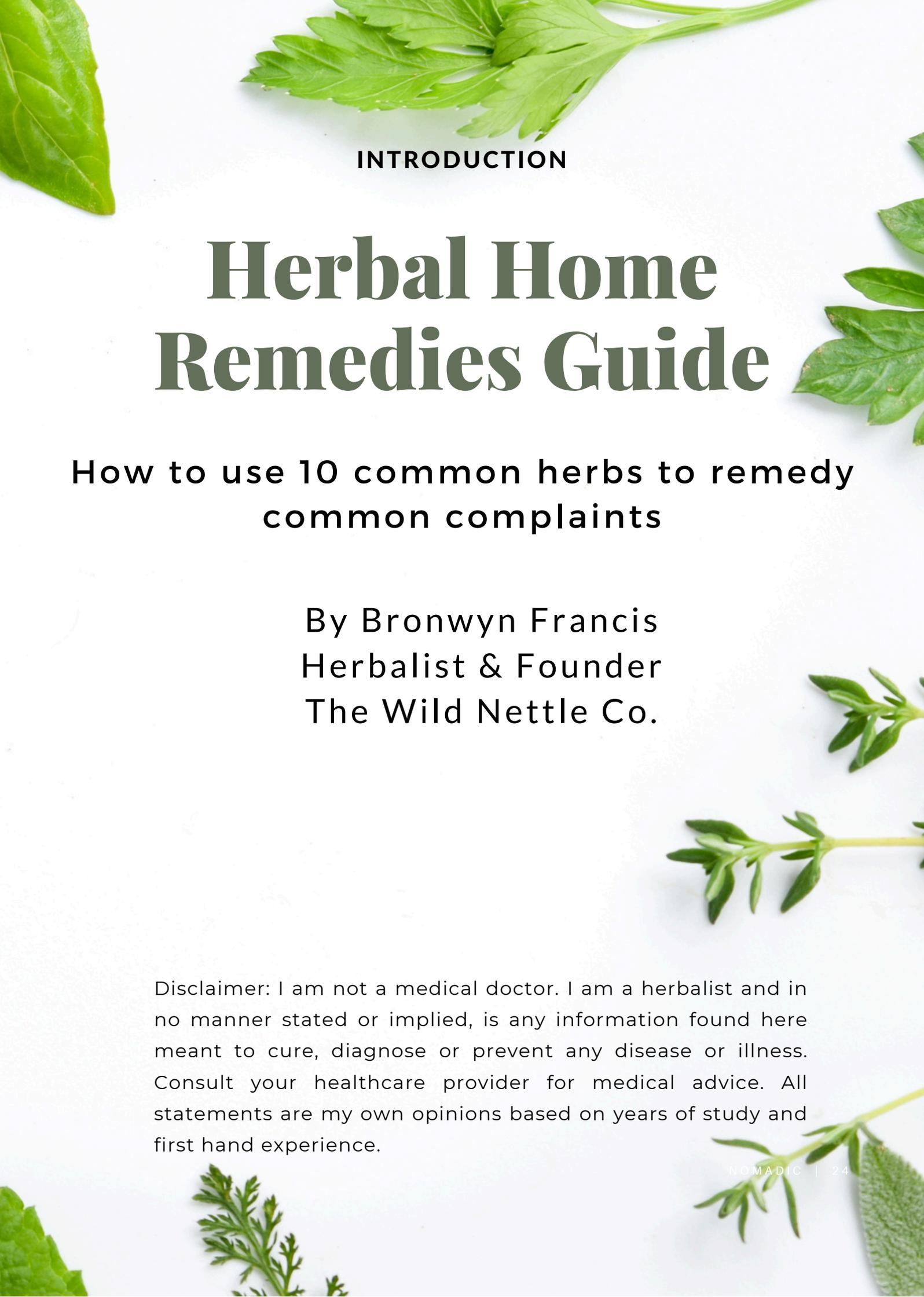
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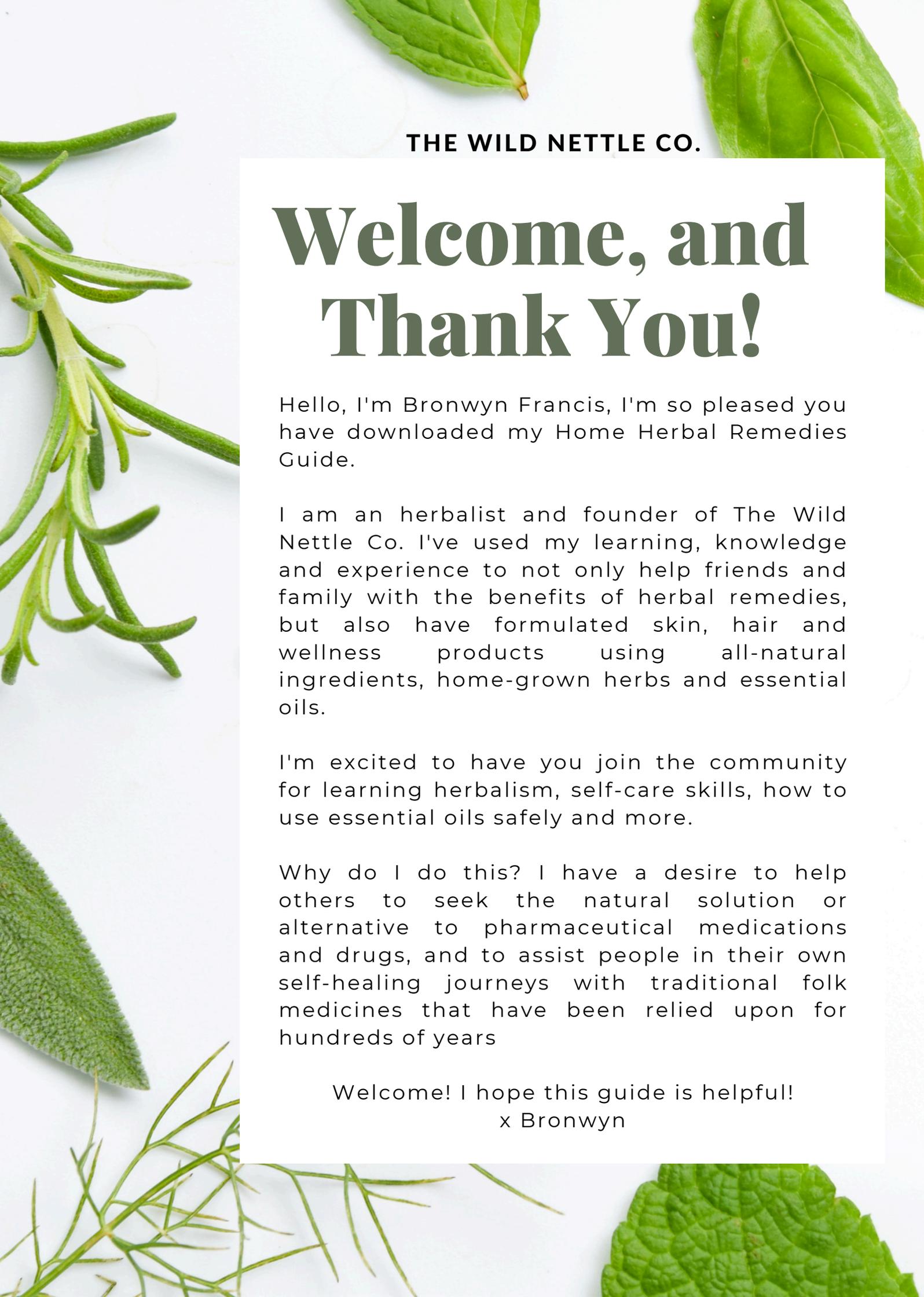
INTRODUCTION

Herbal Home Remedies Guide

How to use 10 common herbs to remedy common complaints

By Bronwyn Francis
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The Wild Nettle Co.

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THE WILD NETTLE CO.

Welcome, and Thank You!

Hello, I'm Bronwyn Francis, I'm so pleased you have downloaded my Home Herbal Remedies Guide.

I am an herbalist and founder of The Wild Nettle Co. I've used my learning, knowledge and experience to not only help friends and family with the benefits of herbal remedies, but also have formulated skin, hair and wellness products using all-natural ingredients, home-grown herbs and essential oils.

I'm excited to have you join the community for learning herbalism, self-care skills, how to use essential oils safely and more.

Why do I do this? I have a desire to help others to seek the natural solution or alternative to pharmaceutical medications and drugs, and to assist people in their own self-healing journeys with traditional folk medicines that have been relied upon for hundreds of years

Welcome! I hope this guide is helpful!
x Bronwyn



LAVENDER

Latin Name: Lavandula angustifolia

What to use: Essential Oil, fresh and dried lavender buds

Uses:

- stress support
- bug bites and minor cuts & scrapes
- sleeplessness
- deoderiser & antimicrobial
- digestion
- headache

Remedies with Lavender:

Headache: Add a drop of essential oil to a tsp of carrier

oil (almond or olive oil), dab onto your temples, back of the neck, and rub the rest on to your palms.

Breathe in deeply.

Bug bite & scrapes: Use lavender tea, or diluted essential oil to help heal the area quickly and provide relief from minor pain/itching.

Relaxation: Diffuse the essential oil, or use diluted in a carrier oil for massage.

Sleep: Create a linen spray with essential oil by adding 24 drops to a small 60ml spray bottle, along with 45ml water and a tsp of vodka. Shake well and spray on linens.



Latin Name: Mentha x piperita

What to use: Essential Oil, fresh and dried leaves, hydrosol

Uses:

- stomach ache
- flatulence
- upset stomach/nausea
- soothes digestive tract
- bug & rodent repellent
- relieves congestion
- topical pain relief for sore muscles
- boosts energy & mental focus

Remedies with Peppermint

Headache: Add a drop of essential oil to a tsp of carrier oil, dab onto your temples, base of the neck, top of the spine, and on your forehead.

Decongestant: Drink peppermint tea or diffuse peppermint essential oil.

Pain Relief: Useful in salves and massage oils for sore muscles.

Mental focus & Energy: Use essential oil, inhale directly from the bottle or your cupped hands.

Digestion & upset tummy: Drink peppermint tea, combine with ginger for added help.



PEPPERMINT



ROSEMARY

Latin Name: Rosmarinus officinalis

What to use: Fresh & dried leaves, Essential oil, hydrosol

Uses:

- antimicrobial
- immune boosting
- cognitive health & memory
- anxiety & low energy
- improves hair & scalp
- speeds hair growth

Remedies with Rosemary:

Hair conditioning & Dandruff rinse:

Using either fresh or dried herbs, fill a jar about halfway (fresh) or 1/3 (dried) with rosemary. Pour apple cider vinegar over to within an inch of the top. Shake well. Infuse for 2-4 weeks. Strain and dilute. Use 1/4 cup vinegar infusion to 1 cup water. Pour the rinse through the hair after washing.

Brain Health: Drink rosemary tea daily to support brain health. Steep only for 5 minutes. *check with your healthcare provider if you have hypertension.



CHAMOMILE

Latin Name: Matricaria chamomilla

What to use: Essential Oil, dried herb, tincture

Uses:

- stress support
- sleeplessness
- irritability, anxiety
- cold & flu
- headache
- eye irritation
- skin soothing

Remedies with Chamomile:

Irritability, Anxiety: Chamomile tea, sip it to relax & calm. Suitable for children & teething babies.

Eye Irritation: Use chamomile tea as a wash. Can be helpful in beginning stages of mild infection.

Sleep: Drink a cup of chamomile tea before bed to help induce sleep.

Steam facial: Place half a cup of dried flowers in a bowl, pour in just-boiled water, place your face over the bowl. Cover your head with a towel, use the cooled liquid as a natural toner afterwards.



Latin Name: Urtica Dioica

What to use: fresh and dried leaves, seeds, oil infusion, tincture, capsules

Uses:

- cleanser, diuretic
- anti-allergenic
- anti-inflammatory
- kidney & adrenal support
- astringent, stops bleeding
- Hair Health
- Enlarged prostate
- Adaptogen

Remedies with Nettle

Allergies: Nettle capsules and tea help with hay fever, asthma, itchy skin & insect bites. Topically apply nettle infused oil & ointment to relieve skin allergies.. A tincture taken daily is ideal.

Eczema & Psoriasis: Nettle leaf infused oil blended into ointments provides relief of itch and skin irritation.

Cleansing: Nettle tea is a diuretic, increases urine production and eliminates waste products.

Mental focus & Energy: Dried nettle seeds in smoothies or over cereal for mood boosting energy



STINGING NETTLE



GARLIC

Latin Name: Allium sativum

What to use: Fresh cloves, dried powder

Uses:

- cold and flu fighter
- antifungal
- antimicrobial
- helps rid the body of worms (anthelminthic)
- ear aches and mild infection
- digestive support
- may help balance sugar
- excellent immune booster
- heart health: blood thinner

Remedies with Garlic:

Garlic Ear oil: Often this herbal oil includes mullein flowers, excellent for ear aches and supporting the sinuses.

Place 1/2 tbsp crushed garlic in a small jar. Cover with oil, infuse for 2-6 hours. strain and massage the outer ear with the garlic oil (not inside). It's also effective to rub oil into the feet and cover with socks.

For Immune Support: Simply eat lots of garlic every day! It's a natural immune booster that will help to fight off colds and infection.



SAGE

Latin Name: Salvia spp.

What to use: Dried herb, fresh leaves, tincture

Uses:

- canker sores
- sore throat
- cooling hot flushes
- digestion
- drying up mother's milk
- brain & cognition
- antimicrobial

Remedies with Sage:

Sore throat tea: Sage tea with honey is soothing for sore throats.

Hot Flushes: Drink sage tea, or use as a tincture to help cool hot flushes.

Memory & Cognition: Sage tincture or tea promotes brain health

Natural Cleaner surface spray:

Infuse sage leaves in vinegar for 2 weeks, strain and dilute the vinegar with water adding a drop or two of essential oils for fragrance.

Canker Sores: Use tea or tincture (diluted with water) as a gargle or mouth rinse.



Latin Name: Cinnamomum verum

What to use: powdered cinnamon, cinnamon sticks, essential oil

Uses:

- oral care, tooth ache
- digestion
- circulation
- candida overgrowth
- balances blood sugar levels
- brain and cognition
- antimicrobial

Remedies with Cinnamon

Digestion: Drink cinnamon tea to help digestion. Include ginger, fennel, and peppermint if desired for extra boost.

Blood Sugar balance: Add cinnamon to tea and coffee to regulate blood sugar *Not a substitute for medical care.

Pain Relief: Useful in salves and massage oils for sore muscles.

Memory and Cognition: Diffuse cinnamon essential oil along with some peppermint and/or rosemary for a brain boost.

Natural All-purpose Cleaner: infuse cinnamon with oregano or thyme for 2-3 weeks as a base Dilute the infused vinegar with water, add essential oils for more cleaning power and fragrance



CINNAMON



THYME

Latin Name: *Thymus vulgaris*

What to use: Fresh and dried leaves, essential oil

Uses:

- antimicrobial
- expectorant (helps with coughs)
- wound healing
- helps the body fight skin infection
- anti-fungal
- decongestant

Remedies with Thyme:

Thyme Tea for Colds & Flu: Drink a tea made with fresh or dried thyme to fight off infections. Add honey for additional help with coughs & congestion. 1Tbsp dried herb or 2 Tbs fresh herb in 350ml boiled water. Steep for 5-15 mins, breathe in the steam for extra help with congestion..

Herbal Steam: Aromatic herbs like thyme, rosemary, peppermint, sage etc are excellent for supporting the respiratory system.



RED ONION

Latin Name: Allium cepa

What to use: Fresh Red onion

Uses:

- congestion
- cold & flu
- highly nutritious, containing anti-oxidants
- antimicrobial
- mild haemostat
- act as a prebiotic for healthy gut bacteria

Remedies with Red Onion:

Cough Syrup: Cut up an onion into one inch or smaller pieces and place in a jar.

Cover with raw honey. Put a lid on and set aside for 8-12 hours. You'll find a liquid syrup on top of the honey and onions that is an amazingly effective cough syrup.

Stop a Nose bleed: Place a cut onion under the bleeding nose, the fumes will help to stop the blood flow.

Bone Broth & Onion Tonic: A tea of sorts made with bone broth.

Simmer onion slices in broth for 20 mins on low. You can strain or leave the pieces in, this drink will keep you well, and help to recover faster if you have cold or flu.

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CHEAT SHEET

More ways to use your Herbs

Immune System Support

Rosemary, Chamomile, Cinnamon, Peppermint,
Sage, Onion, Thyme, Nettle

Digestion

Peppermint, Sage, Thyme, Rosemary, Cinnamon,
Chamomile, Nettle

Sleep, Stress, Relaxation

Chamomile, Peppermint, Lavender, Rosemary,
Nettle

Pain Relief

Chamomile, Rosemary, Lavender, Peppermint,

First Aid

Lavender, Thyme, Rosemary, Peppermint, Sage,
Chamomile, Nettle

Cough & Congestion

Chamomile, Garlic, Onion, Thyme, Cayenne,
Rosemary, Peppermint,

Fever (warns the body to fight off pathogens)

Cinnamon, Garlic, Sage, Thyme

Headache

Peppermint, Rosemary, Lavender, Chamomile

I hope you've found this guide helpful, join our **Wild Nettle Community facebook group** for herbal products and updates. or **follow us on Instagram & Facebook @thewildnettleco** - xx Bronwyn

Easy Nettle Tea

A clear glass filled with a golden-brown liquid, likely nettle tea, sits on a light-colored wooden surface. Two large, vibrant green nettle leaves with serrated edges are placed on either side of the glass, partially overlapping it. The background is a soft, out-of-focus light color.

- **Crumble 2-3 tsp of dried nettle leaves to a cup or loose leaf teapot or french press.**
- **Add boiled water and allow to steep for 5-10 minutes depending on your preferred potency.**
- **Strain and enjoy warm or cold**



GREEN SMOOTHIE

REFERENCE: THE WILD NETTLE CO.

ingredients

- 1 cup fresh nettle (tightly packed)
- 1 cup kale
- 1/2 cup blueberries
- 1 apple, cored
- 1/2 cup cucumber
- 2 cups coconut water OR apple juice
- 1/2 avocado
- 1/4 cup mint
- 1/4 cup parsley
- Juice of 1/4 fresh lemon

method

- Rinse the fresh nettle leaves in fresh water to get rid of any lingering dust or insects
- Add all the ingredients to blender or food processor.
- Pulse or blend to desired consistency.
- Serve immediately, Enjoy!



Nettle Pesto

REFERENCE: NAKEDCUISINE.COM

ingredients

- 3 Cups fresh nettle leaves
- 4 garlic cloves
- $\frac{3}{4}$ Cup pine nuts
- $\frac{1}{4}$ Cup olive oil
- $\frac{1}{2}$ tsp sea salt
- 1 Tbs lemon juice
- $\frac{3}{4}$ Cup parmesan cheese, shredded (optional)

method

- Blanch the fresh nettle leaves in a pot of boiling water for 1 minute. Strain well and press as much water out as possible.
- Add nettles to blender or food processor.
- Add garlic, pine nuts, olive oil, sea salt, lemon juice and cheese if you're using it.
- Pulse until smooth and creamy and season to taste. Et Voila, enjoy!



Nettle Soup

PREP

10
mins

COOK

20
mins

SERVES

4

The Ingredients

- Half a basket of stinging nettle tops, or fresh-looking larger leaves
- 50g butter 1 large onion, peeled and finely chopped
- 1 litre vegetable or chicken stock
- 1 large potato, peeled and cut into cubes
- 1 large carrot, peeled and chopped
- Sea salt and freshly ground black pepper
- 2 tbsp crème fraîche
- A few drops of extra-virgin olive oil
- A few drops of Tabasco

The Method

Wearing rubber gloves, sort through the nettles, discarding anything you don't like the look of and any thick stalks.

Wash the nettles and drain in a colander.

Melt the butter in a large saucepan, add the onion and cook gently for 5-7 minutes until softened.

Add the stock, nettles, potato and carrot.

Bring to a simmer and cook gently until the potato is soft, about 15 minutes.

Remove from the heat. Using an electric hand-held stick blender, purée the soup and then season with salt and pepper to taste.

Ladle into warmed bowls and float a teaspoonful of creme fraiche on top.

As this melts, swirl in a few drops of extra-virgin olive oil and Tabasco.

REFERENCE: RIVERCOTTAGE.NET



Scottish Nettle Shortbread

REFERENCE: THE WILD NETTLE CO.

ingredients

- 2 Tbsp crushed dried nettle leaf
- 385g icing sugar (confectioner's sugar)
- 85g castor sugar
- 280g butter
- 450g plain all purpose flour

method

- Set oven to 280F - 140C - Gas Mark 2
- Cream the butter, icing sugar and castor sugar together using a wooden spoon.
- gently stir through the dried nettle leaf
- Sift the flour 2 or 3 times, then gradually mix into the creamed butter and sugar using your hands, until a firm dough is formed.
- On a lightly floured surface roll or press dough until about 1/2 inch thick and use a cookie cutter to make 'rounds' or shapes, or slice into 3" x 1" bars and prick the top with a fork.
- Bake in pre-heated 280F oven for for approx 30 to 40 mins, shortbread will be a light golden color when it's ready.