



FORGOTTEN
HEALTH

The Forgotten "Spring Tonic" Detox





Growing up in rural Minnesota, I had no idea that the “Itch Weed” plant I would often get stung by during my adventures in the woods, was a powerful **Blood Detoxification** and **Blood Energizing herb**.

The proper name is “**Stinging Nettle**”, Nettle being an Anglo-Saxon word for needle, since these plants hide their nifty health benefits behind a stinging exterior.

That’s ok though, the sting goes away once you cook the leaves – although as far back as ancient Egypt herbalists would deliberately sting the skin to treat arthritis pain.

Making **Stinging Nettle** tea is one of the cheapest, most simple, and most effective detoxes you can do.

Because Stinging Nettle is one of the earliest green plants to emerge each spring, the “Spring Tonic” made from it was traditionally used to detoxify the body after long winters... up until about 80 years ago.

Starting in early spring, you can easily harvest nettle for free throughout a huge geographic swathe of the world. And if that’s not an option for you, it’s very cheap to buy fresh or dried.

In my opinion, there are far too many expensive, complex and lengthy detox programs out there. These kinds of detoxes can be a pain to stick to, and most of the time you can’t just walk outside and gather the ingredients yourself and easily process them in your kitchen in minutes.

This is a 1-step detox that focuses on the most important system in your body... your blood!

Why the blood?

Your blood is the largest single “**Wellness System**” in your body; it transports vital nutrients like **Oxygen** to every cell in your body and carries **Biowaste** to your elimination organs.

Rest assured, if you have a problem in your blood it’s going to show up as chronic condition or disease down the road.





Your very life essence is your blood... Healthy Blood = Healthy You.

Low energy, sluggish, low-oxygen blood = Chronically fatigued you with deeper health issues not far behind.

Once you **Detox** and **Energize** your blood with stinging nettle, you'll notice a subtle change in your energy levels and more all-day stamina.

So, How The Heck Does It Work?

First things first, Stinging Nettle:

-  Is a natural diuretic, which stimulates your lymphatic system to flush inflammatory waste
-  Helps the kidneys discharge excess toxins
So that's the detox half of the equation – Now let's talk about how it energizes your blood.

How Stinging Nettle Energizes Your Blood:

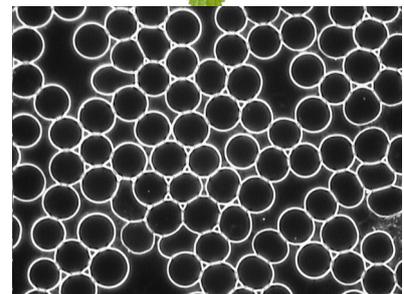
Stinging Nettle Detox takes care of two hidden problems for most people and their blood:

-  Low Zeta Potential
-  Low Oxygen

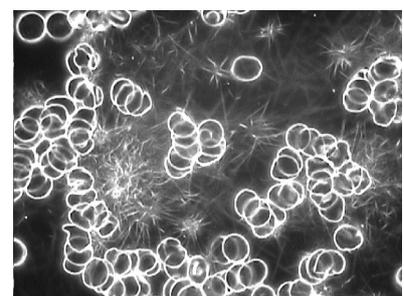
What is Zeta Potential?

Simply put, you blood is not a fluid. It's a colloid, which is particles suspended in solution due to electrostatic charge (they don't sink or float).

Colloids are held in suspension via a very slight electrical charge on the surface of each particle that repels the particles from one another.



Healthy high zeta potential blood



Unhealthy low zeta potential blood



You see, like charges repel each other and just like trying to hold two magnets together on the same poles... you can't.

The amount of this charge is called Zeta Potential and it is a measurement of the electrical health of your blood.

When Zeta Potential is too low, the blood cells start to stick to each other (called intravascular coagulation), restricting your circulation. Instead of blood cells serenely floating in solution individually, your blood becomes a sticky sludge that overtaxes the heart, as it's difficult to pump. In fact, it gets so thick that it can't fit down tiny capillaries, causing a host of issues.

Zeta Potential's strength also determines the amount of Nutrients that can be transported throughout the body and the amount of waste that can be flushed out, as increasing electrical force (Zeta) in the solution allows more micronutrients to be carried throughout the body.

When Zeta Potential is low:

Microbes already present in the blood can become pathogenic causing disease and infection

Thousands of enzymes can misfire, become destructive & cause cell damage

Oxygen delivery to the cells suffers, causing early cell death and damage

Mineral assimilation is poor, contributing to malnutrition and reduced cellular function

Organs function becomes compromised

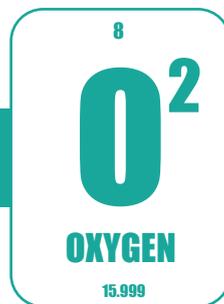




This is a HUGE hidden source of chronic disease based on electrical deficiency in the blood, and one of the reasons heart attacks and strokes are happening to younger and younger people at alarming rates.

Low Zeta Potential in your blood = Poor Circulation, Poor Nutrient Delivery & Poor Waste Removal.

And what's the most important nutrient for your body delivered by your blood?



Most people know that without oxygen you die within minutes, but most people DON'T know that they are running around chronically deprived of oxygen on a cellular level.

“More and more research is showing that low oxygen delivery to cells is a major factor in most if not all degenerative conditions.”

Nobel laureate, Dr. Otto Warburg of Germany, won his Nobel Prize for his discovery of oxygen deficiency in the cancer growth process

As blood Zeta Potential drops, it carries LESS oxygen and that's when the problems arise.

Increased Zeta Potential = Increased circulation & oxygen delivery to the cells which means more energy and more health.

Well guess what?

Good 'ol Stinging Nettle greatly increases the Zeta Potential of your blood AND builds your blood oxygen levels at the same time!



How to Harvest:



Stinging Nettle likes moist, fertile soil high in nitrogen. If you live in the city, Nettle can typically be found along riverbanks and the edges of small urban forests.



If you live rural, look for nitrogen rich soil found around old manure or compost piles, like the site of an old barn.



The leaf is very easy to identify, with a serrated, pointed, ovate leaf.



Stinging Nettle can be harvested wild starting in early spring and is best before they reach 12" tall. Try to pick them before blossoms develop, which usually early summer.



Later in the season when the Nettle has gone to seed, the leaves will become bitter and develop gritty particles.



Make sure to use both the stems and the leaves.





How?

It is loaded with **Chlorophyll**, in fact it's one of the most chlorophyll dense plants on the earth.

It turns out that Chlorophyll is a **STRONG** anti-oxidant.

Anti-oxidants are named such because they donate electrons. When you drink Stinging Nettle Tea, the extra electrons donated by the Chlorophyll make their way into your bloodstream, adding the electrical charge needed for healthy Zeta Potential in your blood, helping the cells to float freely as they're meant to.

Chlorophyll is also very good at building oxygen levels in your blood!

Chlorophyll is almost identical to human hemoglobin, which transports oxygen in your blood.

What Chlorophyll does is increase your hemoglobin's capacity to capture oxygen in the lungs and distribute it throughout the body.

You literally pull more oxygen out of the air with every breath, and due to your now increased Zeta Potential, that oxygen gets to where it's needed the most, your individual cells.

So far we've covered that Stinging Nettle:



Gently Detoxifies the Body, flushing out wastes from the blood, lymph and kidneys



Increases Zeta Potential of the Blood, boosting circulation, nutrient assimilation and blood biowaste elimination



Increases Blood Oxygen Levels while making sure it gets to the cells



How to Make the Detox Tea:

Items Needed:

-  ***3 oz of Stinging Nettle if fresh***
-  ***1 oz of Stinging Nettle if dry***
-  ***32 oz Ball Canning jar***
-  ***Lid for jar***
-  ***Kitchen Scale with ½ oz or more resolution***
-  ***Spring water or at a minimum filtered water. NO tap water.***



Making an infusion is the easiest and the best way to extract all the benefits of this amazing plant.

-  ***Weigh out 3 oz of Nettle if fresh, 1 oz if dry.***
-  ***Add to your 32oz Ball Canning jar. Ball is lead-free and the canning jar is made to withstand the shock of boiling liquids.***
-  ***Pour in boiling water right to the top***
-  ***Add the lid and seal it tight.***
-  ***Let the infusion steep for 4 hours.***
-  ***At the end of four hours, uncap your infusion and pour through strainer into separate vessel.***



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Enjoy your many cups of detoxifying and energizing tea!

And of course, if you can't harvest Stinging Nettle yourself, you can always find the dried plant at herb shops and online – just be sure to adjust the infusion recipe accordingly.

