

## Herb Nettle

Herb; Nettle.

Planetary ruler; Mars

Element; Fire

Gender; hot

One of the first spring tonics, rich in vitamins and minerals and good for gout and rheumatism. Nettles need to be picked when young in the spring and can be dried for later use.

### FOLKLORE

Probably introduced by the Romans to Britain.

In an unaccustomed cold climate, it is said they used to whip themselves with bunches of the stems to increase circulation and keep warm!

This technique survived in rural areas where it was used to ease the pain of rheumatism.

### MAGICKAL USES

An herb of protection, it can be made into incenses and sachets for this purpose. The tea can help work through spiritual journeys, especially those involving the Underworld.

Nettle infused in oil can be used in the consecration of the ritual knife to lend it the power of three worlds

