

Nettle as a vital tonic for wild green smoothies

By Gabriele L. Bräutigam, M.A.

Wild plants are far superior in phytonutrients versus fruits and vegetables. Time to rediscover them: As high-profile, natural active nutrient matrix, wild plants and herbs are also often better as classical dietary supplements in many different ways. The simplest form to take larger amounts of wild herbs is in the form of wild green smoothies [1].

Wild green smoothies offer highly concentrated phytonutrients to our body in the form of mechanically crushed raw materials without loss of quality due to heat or other processing. The use of wild herbs in green smoothies is a quantum leap: vitamins, minerals and secondary phytonutrients are superior to cultivated crops by the factor of 23 times at average. Magnesium is superior 3 times, iron 10 times and similar results apply to calcium [2].



Wild plants contain also peak values in chlorophyll. The importance of chlorophyll for our nutrition is currently being re-evaluated. The chemical composition of chlorophyll is almost identical with the hemoglobin (blood pigment). The difference is that the core of chlorophyll contains magnesium in the middle whereas the core of hemoglobin contains iron. In fact, chlorophyll increases also blood formation. The green leaf also contains iron, chromium, calcium, selenium, copper, iodine, sulfur - in total about 75 trace elements. The special benefit lies in the natural balance and the high bioavailability of its ingredients.

Chlorophyll against cravings

People often complain about a stronger feeling of hunger after having raw fruit than before. The reason lies in the unbridled rise in blood sugar level which drops just as quickly afterwards. Chlorophyll slows down this effect; fructose is metabolized more slowly and is available as energy source.

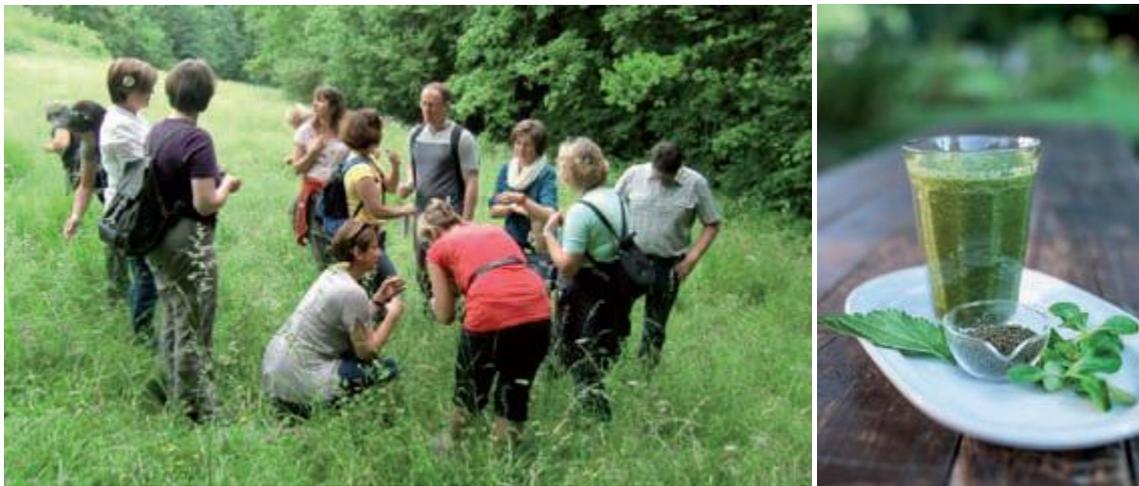
The stinging nettle – a concentrated vital nutrient source

As an example for a wild plant the stinging nettle is presented here: it is our most valuable domestic vital plant.

Superiority of wild plants in phytonutrients		
	Chlorophyll (a)	Chlorophyll (b)
Broccoli	26 mg	6 mg
Spinach	95 mg	20 mg
Nettle	185 mg	173 mg

In former times it was essentially important in the kitchen and in the house pharmacy. The grandmother regularly drank her nettle tea in order to obtain full hair well into old age. Nettle rinses hair shine. We used chopped nettle to fatten geese. To prepare sows for insemination. Nettle spinach - most palatable in the mix with ground elder (often also called (herb Gerard, bishop's weed, goutweed, and snow-in-the-mountain) – is one of the few wild herb recipes that everyone still knows today.

Now we know why the nettle is so valuable: it almost beats every green plant (wild herbs, salads and vegetables) in chlorophyll, protein and iron content. Especially for the vegan diet, which completely avoids any animal food, it is particularly valuable. It contains a particularly great amount of calcium, potassium, and minerals. When we know its nutritional value we are not surprised anymore that this plant is particularly well-prepared against herbivores.



Wild herbs as protein-supplier (Content per 100 g edible portion) [5]	
Nettle	7.4 g
Ground elder	8.4 g
Ground ivy	6.1 g
Good Henry	6.5 g
Alfalfa	6.9 g
Wild malvi	7.3 g
In comparison: Lettuce	1.2 g

Wild herbs as iron Supplier (Content per 100 g edible portion) [5]	
Nettle	4100 µg
French herb	4800 µg
Orache	6100 µg
Ground ivy	3700 µg
Mallow	4100 µg
In comparison: Lettuce	314 µg

With nettles and other wild herbs we can even compensate deficits of the industrialized agriculture to a large extent. For centuries the bitter substances of vegetables were bred out. However, the body needs these substances as a stimulant for metabolism. The absurd situation arises that we are overfed with calories while we are underfed with phytonutrients. This problem is most evident in the wintertime. Even people who are "healthy" fed with lots of fruits and vegetables are affected. The long lasting formula "vegetable consumption = health" is no longer considered for each vegetable. Dandelion contains seven times more phytonutrients than spinach. The phytonutrients are responsible for the excretion of metabolites (metabolic degradation products) and regulate toxins from the body to activate liver and kidneys.

The situation is similar in nutritional supplements:

Recent studies found out that the use of denatured minerals and vital nutrient combinations such as "food supplements" remain largely ineffective if not even harmful [6], without integration into their natural matrix [6]. The body obviously needs a natural and complex food matrix.

Strength and vitality by wild green smoothies

There is a close connection between beauty, physical vitality and libido. If the organism suffers from a lack of some nutrients he will reduce at first body functions which are not essential for surviving. The hair will get lackluster and precipitates. The skin becomes thin. The basal metabolism decreases. Weight gain and decrease in libido is the consequence. By including nettle smoothies into the daily diet these processes can be stopped and reversed. Therefore, nutritionists recommend replacing one meal a day by wild herb smoothies - the best is to replace the breakfast.

Magic option for hair and skin - a nettle-avocado smoothie [1]

Ingredients

- 1 handful of (young) nettle leaves (March to November)
- 1 handful of lamb's lettuce (Rapunzel)
- 1 tablespoon of dried nettle seeds (soaked)
- 1 small (mature) organic apple
- ½ avocado with stone
- 0.25 liters of water

- 1 handful of crushed ice

Flavor with freshly grated nutmeg, a dash of lemon juice and a pinch of Fleur de Sel (makes about 0.6 liters).

Preparation

- Wash and pluck nettle leaves
- Wash and clean corn Salad
- provide water and ice in the blender
- cut apples into quarters, remove stems and blossom, core house remain
- Trigger avocado with spoon
- pour in fruits first, then pour in leafy greens into the mixer

The preparation with ice requires a high-power blender:

blending time: about 30 seconds. Preparing the smoothie in normal mixer or blender

please replace ice by 0,1l of water. Blending time: 2-3 minutes

Recipes for Health and Beauty

Many wild plants are medicinal herbs - it is amazing how effective they are in the natural cycle to offer solutions for most typical seasonal diseases and mood disorders. Wild green smoothies provide a new quality here. The phytonutrients in green smoothies are freely available due to the disaggregated cell structure. They are easily digestible and are intact and not destroyed by cooking or heat or chemically modified, without food additives such as iodine or fluoridated salt. Detailed information about wild herbs and wild green smoothies you can find in the publications listed below.

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