

VIDEO: Stinging Nettle, the Trail-side Super Food

What do you do when there's a plant that is a great food source and provides excellent fiber for cordage, but it's covered in stinging hairs and spikes? In this video, Tyler shows you the techniques to avoid the spiny parts of the nutritious and useful Stinging Nettle.

Stinging nettle is prolific in many places, and it's beneficial for treating everything from muscle aches, joint issues, eczema, arthritis, gout, and anemia. There's also research that supports stinging nettle's ability to help pass toxins, ease seasonal allergies, boost immunity, increase circulation, improve energy levels, and treat skin conditions.

Don't miss this great video to learn more about harvesting and using this amazing plant.

**An easy, dirt-cheap way to withstand not just an EMP,
but any type of disaster**

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