



Equisetum arvense

Family: Equisetaceae

Parts Used: stems

Horsetail is one of the oldest plants, the only one left of the Equisetaceae family. Known as scouring rush, shave grass, bottle brush and corncob plant. The high silica content of this plant turns to calcium in the body which is used for building and strengthening bones, joints, tissue and nerves. Horsetail is best absorbed into the body by being combined with a nutritive herb such as alfalfa, nettles, red raspberry leaf, clover, chickweed, dandelion, etc.

Properties: astringent, anti-inflammatory, diuretic, lithotriptic (dissolve and discharge stones), nutritive, styptic (stops bleeding), vulnerary (heals wounds), drying and cooling.

Uses:

- Strengthens and builds nails, hair, and skin. Use for brittle nails, thin hair with split ends and skin conditions.
- Strengthens and builds teeth, bones, joints and tissue.
- Aids body in healing bone fractures, sprains, strains, and after surgery care.
- Strengthens and clears fluid channels of the body such as blood and lymph.
- Joint pain and inflammation conditions such as bursitis, tendonitis, rheumatism, and arthritis.
- Reduces hemorrhaging internally and externally. Use for heavy menstruation.
- Can stop bleeding and aid in healing ulcers and sores.
- Use for nosebleeds and bleeding wounds and sores. (sprinkle with powder or use juice from plant)



Annie's Place

- Aids in healing cuts, scrapes, wounds, and sores.
- Kidney and urinary tract support, use for incontinence, bedwetting, bladder irritation and infections, stones.
- Gum infection, mouth sores, and throat inflammation (use mouthwash and gargle).
- Strengthens and cleans teeth.

Methods of Use:

- Tea (prepare as a decoction)
- Gargle and mouthwash
- Syrup
- Poultice, compress
- Herbal oil, liniment
- Salve, ointment, cream
- Bath
- Powdered, capsules
- Juiced

Care/Harvesting:

Horsetail has no leaves or flowers but spreads by spores. The immature plant is a solitary, hollow, jointed stem with a "cone" on the top that resembles asparagus. As it matures segmented, stems will sprout from the nodes and resemble pine needles. The mature plant has a higher source of silica than the single stem immature stage, therefore it is more medicinal. Found in roadsides, waste ground, trails, and gardens.

- Harvest in early summer by cutting several inches above the ground. Dry immediately or make into a tincture or tea.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.