




Horsetail  
Essential Natural Diuretic  
in Slimming Diet

by J. Bilbao



### **Horsetail Medicinal Properties**


Horsetail (*Equisetum hyemale*), has numerous applications. The most notable action of Horsetail is a natural diuretic: Due to its richness in potassium salts, flavonoids and saponics, it increases urinary fluid, which is why it is indicated both to remedy fluid retention in general or localized, and to other genitourinary problems: Kidney stones, urinary infections, cystitis, urethritis and inflammation of the bladder or prostate.



Horsetail helps to lose weight, in addition to its diuretic qualities that help eliminate excess fluids, which means a substantial loss of weight at the beginning of weight loss regimens, helps eliminate toxins, which helps to recover the body balance and favorably influences to eliminate overweight.

In addition to the above, Horsetail strengthens nails and hair, helps increase their growth, improves appearance and corrects weak nails, keeping them firm. In the hair, preventing the appearance of gray hair, due to its silica content, a key component of the connective tissue that forms these parts of the body.

Horsetail is also useful for curing hemorrhagic lesions, its astringent capacity to shrink or contract tissues, due to its tannins, makes it suitable for healing bleeding wounds, stopping nosebleeds and curing skin ulcers.




Likewise, it strengthens bones and joints, health, recovery of bones and cartilaginous tissues, such as tendons, cartilage and collagen fibers, depend on a good supply of silica so it helps prevent loss of bone mass, heal fractures and injuries in combination with the necessary minerals.

By acting positively on giving flexibility to tendons and ligaments and vascular walls, it is also a good tonic for athletes who subject their ligaments to harsh tests.

### **Horsetail Consumption**

Horsetail can be consumed as an infusion or in capsules to ingest, which are sold in herbalists and specialized dietetic stores in either of the two formats. Although the two formats are equally effective, the infusion is more advisable if it is used to lose body weight; the capsule format of horsetail extract is more comfortable to take and is more suitable for other natural treatments such as flexibility of tendons and ligaments or as a tonic.



The way of preparing the horsetail in infusion. Add 9 grams of leaves to 200 ml of boiling water for 2 minutes, leaving them in contact with the boiled water and off the heat for a few minutes. Later we will strain it and we will take the infusion.



### **Way of reproduction**

They are vascular plants that reproduce by means of spores. The horsetail is evergreen, in areas with very marked seasons they die in winter, although in temperate regions they always remain green.

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## **Where to plant horsetail and planting time**

The horsetail is common throughout Europe, Asia, North America and others, it can grow at any latitude below 2000 meters. For its growth, moist places and sandy soils do well. When we start a horsetail plantation, the usual thing is to buy seedlings to transplant in the place where we are going to grow the horsetail, if we are fond of walking through places where there are small lagoons or very humid areas where there will surely be horsetail plants. horse and if it is allowed, it is possible to extract specimens of this plant from nature, but we will have to do it in a way that preserves a good root ball with all the root and soil, wrap it in newspaper to keep the plant watery and take it to the place of cultivation in a few hours. The time to plant the horsetail is from mid to late summer, between the months of August and September.




## **Horsetail growing and harvesting time**

Horsetail (*Equisetum hyemale*) is an aquatic plant that acts as a biological filter. The growth of this plant is characterized by the fact that at first it forms a series of suckers that reach a meter in height. After a year, secondary branches begin to appear that begin to give the plant a more leafy appearance. For it to have a more attractive appearance, it is best to leave only the one-year-old stems and for this, and prune the rest, it is convenient to cut 50% of the area it occupies.



The moment for harvesting the horsetail is at the end of summer, we will cut approximately 50% of the plants that we have, in order to consume the horsetail we will proceed to dry the cut plants in an airy place and indoors so that they so they don't get wet, but at the same time he is outdoor. The drying process can take between a month and a half and two and a half months depending on the ambient humidity of the place. Once we have dried the cut plants well, we will proceed to dislodge and half crush or make small pieces of all the leaves





of the plants and later pack them in glass or plastic jars with lids to later consume them in infusions.

### **Side effects**

When consuming Horsetail leaves or extract in capsules, no side effects are known when taken in the indicated doses.

### **Important**

Natural treatments with horsetail in any of its presentations, do not replace traditional medical treatments.

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