

Horsetail, Shavegrass, Bottle Brush, Snake

Grass

Family	Calamitaceae
Botanical	Equisetum arvense
Parts Used	Barren stems that are reed-like, segmented green tubes
USDA Hardiness	Zones 3-11
Light	Light Shade
Soil	Moist sand to clay soil
Duration	Perennial
Propagation	Easy propagation by dividing spores/rhizomes, tubers or bulbs. Under ideal conditions, proliferation is rapid, and the plant can easily become a nuisance. This plant does not come to seed.
Water	Consistently moist
Growing	SOIL REQUIREMENTS: 4.5 to 6.5 pH levels, and sand to mostly clay soil. Requires consistently moist soil. SUN REQUIREMENTS: Thrives best in half day sun to light shade. Full sun will cause discoloring.

Medicinal Uses	Anti-inflammatory, antibacterial, antimicrobial, antioxidant, coagulant, demulcent, diuretic and astringent
Benefits	It has been used in the treatment of a number of health conditions which include brittle bone, hair, teeth and nails, white spots on nails, gingivitis, tonsillitis, inflammation of the mucous membranes of the mouth, rheumatic disorders, edema, osteoarthritis, diabetes, acne, wounds, itchiness, rashes, burns, frostbite, chilblains, athlete's foot, cracked and tired feet, drawing out pus from boils and carbuncles, ulcers, fistulas, herpes simplex, dyspepsia (impaired digestion), gastrointestinal conditions, cardiovascular diseases, respiratory tract infections, bronchitis, fever, malaria, bladder problems, urinary tract infection, bed wetting in children, kidney stones (nephrolithiasis), prostate problems, hemorrhoids, muscle cramps, tumors, broken bones, fractures, sprains, nose bleed and other heavy bleeding. Horsetail is also known to strengthen the body's immune system.
Preparation	Horsetail is available at herbal food stores in the form of dried leaves, liquid or powder extract, tincture, tea bags and capsules. The tincture and liquid extracts can be diluted into water. Follow the directions on the bottle. When buying Horsetail, look for Equisetum arvense because most of the other species of Horsetail may not be safe for oral consumption. When buying Horsetail supplements, capsules can be the best option because they are usually standardized and the amount of silica and other components of Horsetail can be controlled. Horsetail in any form should be stored in dark and airtight containers. To Make Tea: Pour eight ounces of boiling water over 4 level tsp. of dried horsetail or fresh. Cover and steep for 3 minutes." A delicate person should drink no more than 1-1/2 cups a day, after meals, in divided doses. Horsetail Syrup: 1 part young fresh Horsetail shoots (chopped) to 3 parts warm raw honey. Keep at this

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temperature for several days, strain, and take 1 Tablespoon 2x/day.

Horsetail bath: For this, use 7 ounces of dried horsetail or 6 quarts of fresh horsetail. Soak the horsetail overnight in enough cold water to cover the plants. In the morning, heat and strain off the liquid. Enjoy a 20-minute soak. For athletes foot soak in a foot bath for 20 mins.

Horsetail is also used to strengthen your finger and toenails. Use a strong infusion made by simmering the tea for at least 15 mins and letting it steep for at least 30 mins. Then use a paintbrush to paint your nails 3 times and let it absorb. Do this at least 3 times over the day.

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Culinary Uses

If eaten over a long enough period of time, some species of horsetail can be poisonous to grazing animals, including horses. The toxicity appears to be due to thiaminase enzymes, which can cause thiamine (vitamin B1) deficiency. People have regularly consumed horsetails. The young plants are eaten cooked or raw, but considerable care must be taken. For example, the fertile stems bearing strobili of some species are cooked and eaten like asparagus (a dish called tsukushi) in Japan. The people of ancient Rome would eat meadow horsetail in a similar manner, and they also used it to make tea as well as a thickening powder. Native Americans in the Pacific Northwest eat the young shoots of this plant raw.

Osteo-Body Butter. I use this body butter now also because the herbs infused in the coconut oil not only strengthen your bones but also your skin, leaving it smooth and soft.

Mix together in a quart jar:

1/2 cup dried comfrey

1/4 cup dried nettle leaf

1/4 cup dried alfalfa

1/4 cup dried horsetail

Pour melted coconut oil over the herbs in a Ball jar and let infuse for 2 weeks in a sunny window. Shake every day. Then strain and squeeze out all the oil from the herbs.

Melt 2 oz. of cocoa butter into 6 oz. of the infused coconut oil. Let sit until solid, but soft. Add your essential oils of choice (or none at all), I usually add about a teaspoon or so per batch. Blend with a hand mixer until thick and creamy. Pour into a container and apply every evening before bed.

Historical Facts

The Horsetail descends from a prehistoric plant which covered entire forests during the Palaeozoic era 400 million years ago. This plant is a reminder of prehistoric times, when plants did not yet possess the ability to put out blossoms, a time when plants had a more primeval relationship to the mineral world, to water and to light.

Additional Tips

Horsetail holds high amounts of the chemical component silicon, a known bone protector and strength

Nutrition Facts

Horsetail's silica/silicone is turned into natural calcium by the body when taken internally. Taken as a tea this is much better than calcium pills. The body accepts live and natural cells much more readily than artificial. That's why the fresher the herb or plant or vegetable the better for the body and your health.