

# Field Horsetail

*Equisetum arvens*



Horsetail is a perennial plant.

It has no flowers or seeds. Some species have leaves, but very small.

It is a medicinal plant widely used as a home remedy to combat fluid retention, to help lose weight or strengthen bones.

More information: [https://www.amu.bio/\\_field\\_horsetail](https://www.amu.bio/_field_horsetail)

## Cultivation

Field Horsetail is a plant that likes moist, clayey soils that are not too acidic.

Horsetail prefers semi-shade areas and does not adapt well to extremes of temperature. The ideal is a temperature range between 10°C and 20°C.

Ideally, you should grow horsetail in regions with a high moisture content and well-drained soils.

## History

In Ancient Rome, the use of infusions prepared from horsetail was widespread, especially to treat respiratory problems, urinary and prostate infections.

### **Utilization**

Currently, horsetail has properties capable of relieving headaches, fighting bleeding and strengthening the walls of veins.

It can also be used as a home remedy to combat fluid retention, to help with weight loss or to strengthen bones.