



# NATURAL SOLUTIONS

*Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare*

Susan L. Levy, D.C., DABCO, FIACA

Author of ***Your Body Can Talk*** & ***Your AGING Body Can Talk***

[facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk)

[YourBodyCanTalk2@Gmail.com](mailto:YourBodyCanTalk2@Gmail.com)

[www.YourBodyCanTalk.com](http://www.YourBodyCanTalk.com)

## Compost Tea Nitrogen-Rich Fertilizer

The best way to procure usable nitrogen and hydrogen for your body is to eat a variety of fresh fruits and vegetables that have been grown with care. If you or your local farmer's market vendors follow a chemical-free and soil-enriching philosophy in growing produce, the usable nutrient level in those plants will be maximized. Adding compostable biomass – including scraps of vegetable matter, leaves, twigs, straw, ashes from your fireplace or campfire, and even weeds that you have pulled (but discarded the seed heads from) – is a simple and earth-friendly way to provide more nitrogen to the soil.

“**Compost Tea**” – made from the herbs stinging nettles and/or comfrey – is a powerful and inexpensive nitrogen booster for your garden, whether you grow in small containers or use an entire garden plot. Compost tea is a wonderful enrichment for any garden, but most needed when plants are abnormally pale or yellow. Both comfrey and stinging nettles are hardy perennials in most moderate climates.

To make compost tea, start with a suitable container such as a two or five-gallon bucket. Fill the bottom third with coarsely chopped or torn comfrey or stinging nettles leaves (be sure to wear substantial gloves and long sleeves), and then fill with water to about three inches below the rim of your container. Cover the container to prevent evaporation, but leave it in a warm and sunny place if possible.

The sunlight will heat and brew your compost tea within two to six weeks. Then you can strain the solids (use this as mulch around the base of your plants or add to the compost pile), and apply the liquid to your plants. You can also consider your compost tea to be a concentrate and add portions to your watering can at intervals.

*Taken from Page 62 of **Your AGING Body Can Talk**.*