

# BLACK WALNUT

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## Formulae

Black Walnut Hulls



## Therapeutic Action

### MEDICINE FROM THE NUT TREE

Black Walnut is a powerful herb; the leaves, inner bark, nut, and green or dry husks are all useful, but the green husk is the most potent of all. The medicine works to cure a variety of ailments.

Simmer the inner bark or leaves in honey for an excellent remedy for colic or for lung troubles. The inner bark is also a fibrin solvent, muscle and nerve food, and a food to build hair, nails, skin, etc. The leaves and bark are astringent, constricting and firming flabby or atonic tissues, so they are useful in cases of diarrhea or profuse menstruation, taken as a tea as well as a douche or injection (herbal injection, which is a small enema, not a medical injection!) The whole herb is a mild but sure laxative.

Externally, Black Walnut is nearly a miracle worker in cases of scrofula, eczema, impetigo (as related above), acne, dandruff, boils, itch, shingles, ringworm--we could go on, but you can see that you can use Black Walnut whenever a skin disorder appears!

The tincture is an excellent first-aid remedy for wounds.

Hemorrhoids, whether bleeding or not, respond to injections of the infusion. Prolapsed uterus may correct with the use of the infusion as a douche.

Gargle the infusion for sore throat, relaxed uvula, hoarseness, tonsillitis, and similar ailments. This infusion is made slightly differently than usual: steep the leaves and inner bark for fifteen minutes in hot water. To make a strong infusion, macerate the leaves and inner bark in hot water for one hour. This strong infusion powerfully induces sweating and thus reduces fever.

To prevent falling hair, and to give hair a beautiful luster, rub the fingers in the tea and massage into the scalp daily.

Black Walnut is well-known as a vermifuge--an anti-parasite remedy. It will expel all kinds of worms from the intestinal tract. It also has been used to remedy poisonous snake bites, other poisonous bites, and mad dog bites.

The tincture of the nuts is reputed to be antispasmodic and is used in India and other areas to check the vomiting of morning sickness in pregnancy

## Dosage

Apply Salve topically as needed.

½ to 1 tsp extract added to warm water 3 to 5 times a day as needed.



**Tinctures:** 2oz/\$15 4oz/\$25 16oz/\$75 32oz/\$150 Gallon/\$450

2 oz --32 oz