

Artemisia absinthium (more species)
Family: *Asteraceae* – sagebrush, mugwort
Parts Used: leaves mainly but root can also be used as a powerful medicine

Not only is wormwood a strong herbal antibiotic it is also a beautiful plant to have in the yard, sporting deep green foliage in the fall and frosty green in the spring. A relative to sagebrush, wormwood has become one of my favorite herbs for mystery illnesses and any type of infection.

Properties

Antibacterial, antifungal, anti-inflammatory, antibiotic, antiseptic, anthelmintic, bitter, carminative, choleretic, diaphoretic, febrifuge, immunomodulator, narcotic, smooth muscle relaxant, stomachic.

Energetics: cooling, dying, bitter
Systems Affected: stomach, liver

Uses

- Any type of infection, internal or external.
- Potent medicine for malaria
- Antibiotic resistant bacteria, staph, candida, salmonella, etc.
- Parasite and intestinal worms.
- Can kill off the harmful bacteria in the gut that causes sugar cravings and food addictions.
- Fungal infections such as athletes' foot, ringworm and thrush.
- Strengthens the stomach and spleen.
- Stimulates appetite, gas, vomiting, bloating.
- Scabies
- Detoxes the liver, jaundice.
- Promotes urination, edema, urinary problems, etc.
- Liver and digestive issues.
- Clears toxins
- Radiation protection
- Colds, flu, fevers
- Bites and stings

Herb Preparations

- Tea (administer 1 tsp at a time up to ½ cup day-this is bitter!)
- Extracts (typical dosage would be 10-30 drops 6 times a day)
- Powder, capsules (1-5 capsules up to 4 times a day)
- Fresh leaf can be chewed up (very bitter so be prepared).
- Poultice (bites and stings, external infections, boils, sores, etc.)
- Foot soak, bath (great for treating athletes' foot and getting the properties of the herb into the body if other methods are just too bitter)
- Herbal steam
- Herbal oil
- Salve, ointment, balm
- Liniment
- Enema (intestinal worms and parasites)

Foraging/Harvesting

Mugwort is a weaker species that grows in the wild. You can purchase a plant from the nursery or get a start from a mother plant if you know of someone that has it.

- Likes wild places and seems to be happy in any soil conditions, it likes full sun and well-drained soil.
- Leaves can be harvested any time but are the most potent if cut before blooming. They can then be dried and stored for future use or made into a fresh plant tincture or tea.

Safety

Not for use while pregnant or nursing. Strong herb that needs to be used with prudence and as a potent medicine for acute conditions.