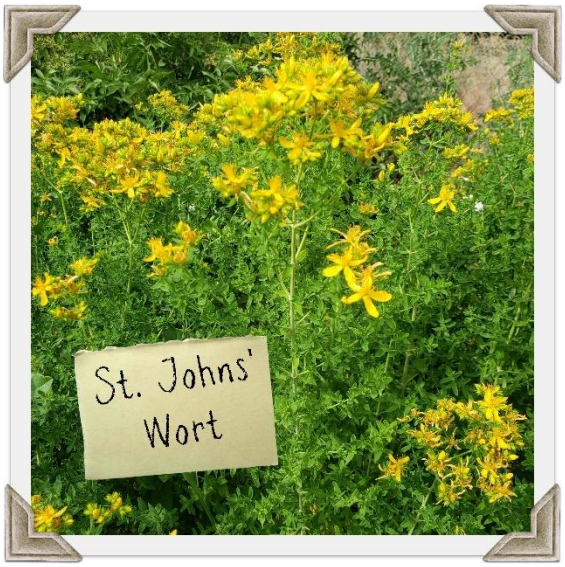


Hypericum perforatum
Family: *Hypericaaceae* – St. John's wort
Parts Used: bud, flower (most medicinal), leaf

St. John's wort has long been associated with the nervous system, aiding in sleep, and calming the mind, nerves, and pain signals. It is also a great skin healer, repairing damaged tissue and protecting against infection.

Properties

Antibacterial, antiseptic, antiviral, anti-inflammatory, analgesic, antifungal, antioxidant, sedative, astringent, nervine, antidepressant, vulnerary.

Energetics: cooling, drying
Systems Affected: nervous, liver, skin

Uses

- Anxiety, stress, tension, grief, depression, fatigue (taken for a 2–3-week period)
- Insomnia, sleep aid
- Support and strengthen nervous system, digestive system, and liver.
- First aid; cuts, wounds, bruises, sprains, strains, burns, boils, blisters, injuries of all kinds.
- Skin Healing; repairs damaged tissues, eczema, psoriasis, dry skin, itching, scars, etc.
- Promotes healing and protects against infection.
- Strengthen and smooth fingernails
- Strong effect on nervous system making it useful for nerve damage and pain.
- Shingles
- Pain killer; take internally and apply externally.
- Joint and muscle pain and inflammation, gout.
- Back and spinal pain, neck pain, concussion, shock, or any injury to spinal column.
- Eases fibrositis, sciatica and rheumatic pain.
- Sore muscles, spasms, cramps, and torn ligaments.
- PMS; tea or tincture internally for regulating and lessen bleeding and staunch cramps.
- Cold sores, herpes
- Immune system support; cold and flu
- Respiratory conditions such as bronchitis and tuberculosis.
- Infection fighter; viral and bacterial.

- Best antiviral for enveloped viruses such as hepatitis.
- Varicose veins and hemorrhoids.
- Ulcers; prevention and treatment

Herb Preparations

- Squeeze the “blood” from fresh flowers over area of concern.
- Herbal oil (made with the fresh flowers is one of the most potent ways to use this herb for first aid purposes)
- Salve, balms, ointments
- Liniment
- Tea
- Bath, foot soak, steam
- Extract (best way to utilize the properties internally)
- Poultice, compress
- Powder, capsules
- Toner for blemished or oily skin or as a facial steam

Care/Harvesting

Cold stratify the seed (keep in freezer) for 4 weeks. Start indoors 10 weeks before last frost or sow directly outdoors in early spring. Can also plant the root of an already established plant.

- Space 12” apart, loves full sun, and drier conditions than most plants.
- It can be invasive so plant where it can spread, or in a pot.
- Harvest the flowers, buds and leaves just as the flowers are opening, on a dry, sunny day. Pinch between fingers to see if red spurts out, if not they are not yet ready to harvest, check often and test again. Pick flowers fresh to make oil, salves, tincture, and tea or cut the upper 3-4 inches off the plant and hang or lay on a screen to dry.

Safety

Use caution when pregnant or nursing. St. John’s Wort can cause photosensitivity in some people so be cautious when harvesting (use gloves) and also keep covered when going outside after applying the oil or salve. Patch test on skin before using as some people have allergic reactions.