

Juglans nigra
Family: *Juglandaceae*
Parts: green hulls (nuts), leaves, inner bark

Properties:

Antimicrobial, antiseptic, antifungal, antiparasitic, astringent, antioxidant, antiviral, blood tonic, carminative, diaphoretic, mild nervine, vermifuge, sudorific.

Energetics: warming, drying, bitter
Systems Affected: skin, digestive, cardiovascular, nerves, lymph

Uses:

- Skin conditions such as eczema, psoriasis, acne, dermatitis
- Fungal infections such as ringworm and athlete's foot
- First aid remedy to disinfect cuts and wounds and infection
- Boils, sores, and warts (long term daily use applied externally)
- Shingles
- Cleanses blood and intestines
- Gut problems like diarrhea and constipation
- Intestinal parasites, worms, and candida
- Cold sores (apply tincture topically)
- Strengthen and build tooth enamel (a natural source of fluoride)
- Prolapsed uterus
- Pink eye, conjunctivitis
- Thyroid conditions
- Natural form of iodine - protects against radiation
- Sore throat and abscesses (use as a gargle)
- Helps body assimilate nutrients

Herb Preparations:

- Tincture from green hulls (take internally as well as apply topically)
- Baths, foot soak, compress
- Poultice
- Powder, capsules, sprinkle (sprinkle on fungal conditions)
- Tea (bark and leaves) – skin, eyes, digestion
- Gargle, mouth wash

Wildcrafting/Harvesting:

- Leaves can be harvested anytime but best in late spring, early summer. They can be dried for future use.
- Inner bark is best gathered in early summer from the twigs.
- Pick hulls when they are green. Wearing gloves, use a knife to cut the hull from the nutshell or crush the hull with a mallet or hammer. Tincture or dry immediately.