

BLACK WALNUT HULLS

Juglans nigra



Part Utilized:
Hull



PROPERTIES:

Astringent, Vulnerary, Tonic (endocrine)

SYSTEMS AFFECTED:

Integumentary (skin), Digestive, Reproductive (vaginal), Endocrine

POSSIBLE USES:

any fungal or viral infestation, parasites (maybe), wounds

INGREDIENT IN:

APL, BHM Plus Salve, BHM Salve, BHM, PARA

GENERAL INFORMATION:

Black Walnut Hulls are very strongly antiviral and antifungal. My favorite use of Black Walnut is to fight ringworm and other skin infestations and sores. It is very effective at killing the “critters” which are causing the problem, but is also an excellent herb for wound healing. Black walnuts can also be used as a douche to fight vaginal yeast. The mature hulls are said to be stronger but I sometimes use the green hulls in order to avoid the staining of skin and clothing that occurs with the mature—and very black—hulls.

Black Walnut is reputed to expel worms and parasites and it does, but, in my opinion, it also strips the intestinal tract. I think there are better, less invasive ways to get rid of most parasites. There is a small percentage of Black walnuts in the APL and FN (antifungal) formulas. In these quantities and proportions, it is both extremely effective and perfectly safe.