

QUICK REFERENCE SHEET

BLACK WALNUT LEAF

Juglans nigra



Part Utilized:
Leaf



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, FN, PARA

GENERAL INFORMATION:

As with any other herb that is used in more than one form (leaf and fruit), the properties of Black Walnut Hulls and Black Walnut Leaves are similar in many respects. With Black Walnut, however, the hulls are much stronger than the leaf, making the leaf a little bit safer for internal use. You get the other benefits without so much of the cleansing effects.