

St John's Wort

Botanical name: *Hypericum perforatum*

Energetics/Actions: Bitter, sweet, cool, antidepressant

Description

St John's Wort blooms during the summer solstice, or "St John's Day", and the cheery yellow flowering tops are used as medicine. Traditionally used as protection against evil diseases, St John's Wort is now best known as an effective treatment for depression.



Uses

Depression: A well studied, effective herb for mild to moderate depression and seasonal affective disorder. *It takes several weeks for St John's Wort to take effect when used for depression.*

Skin conditions: Good as a salve for skin irritation and viral conditions of the skin.

Dose

Capsule: 300-600 mg 3 times a day (standardized to 0.3% hypericin)

Tincture: ½ teaspoon 3 times a day

Safety Information

Has numerous interactions with pharmaceuticals (including birth control pills). Talk to your health care provider if you are taking medications. May cause sensitivity to light.