

St. John's Wort (Oil) - Properties, Use and Methods of Application

St. John's Wort is a beautiful, **precious plant** without which the plant world as we know it would be unimaginable. Such a treasure could have been created only by someone whose wisdom and generosity is beyond our imagination. The very name "St. John's Wort" immediately suggests that this plant is perceived as a consoler, patron, the one who creates life and revives, as it was named after an ancient herbal protector, St. John the Baptist.

Properties and Use

This plant holds in itself an entire wonderful microcosmos of **miraculous properties**. There is literally **no part of the human body or psyche to which St. John's Wort is not beneficial**.

Its **antibacterial** and **antiviral** properties have been proven in clinical trials, so keep that in mind if you find yourself in case of infection.

St. John's wort will help with a **weakened immune system** and all kinds of **viruses, skin infections, wounds, cuts, bruises** and even **wrinkles**, as it will regenerate the skin within an incredibly short time frame.

Keep St. John's wort in mind if you need to **boost your metabolism** by gently purifying blood and blood plasma, regenerate the digestive, **urinary** or respiratory **systems**, and stimulate and nourish the **genitourinary** or endocrine **systems**.

Even in cases of **gout**, Crohn's disease, herpes, **asthma**, or **bacterial infections**, St. John's wort can be very effective: all you need to do is regularly drink **St. John's wort tea**, massage the painful areas and apply its oil to the wounds.

St. John's Wort and Depression

The most common use of St. John's wort nowadays is probably in the treatment of depression, the plague of our time.

It is important **not to use antidepressants and herbal remedies at the same time!**

Mixing the two would lead to **overlapping and confusion of chemical receptors** that would not know what to do with so many substances. In this case the receptors may simply stop processing these substances, **causing the serotonin level in the brain to significantly drop**, which is followed by even worse feelings of depression. The receptors might also **act in a completely opposite manner**, processing too many active substances, which creates a **sensation of**

irritability and anxiety that pushes the already distressed psyche even further toward the edge.

If taken independently and according to prescribed doses, St. John's wort is a very **effective remedy** for **treating moderate depression**. As with chemical drugs, it should **take effect** in **3-6 weeks** (since that much is needed for a constant level of active substances to accumulate in the body).



Healing properties of St. John's wort have not yet been fully grasped, although it is one of the **most examined plants** in the world.

It is well-known that the levels and content of **hypericin** play a major role when it comes to its healing properties, yet nature is remarkably wiser than our little curious minds can fathom.

Instead of trying to copy and “analyse” the chemical composition of plants, we had better snap out of it and pick a stipe of a shimmering abloom yellow flower that will bestow upon us a **blood-red** cup of **tea**.

If drinking **tincture**, **macerate**, or tea in treatment of depression presents you with difficulty, you can opt for **St. John's Wort extract or hypericin capsules** (a remedy standardized to contain an effective level of hypericin from the plant).

Methods of Application

St. John's Wort Oil

There are many recipes, ratios, quantities, and harvest periods, but the following application stands out as particularly advantageous:

- Fill a **jar** with **buds and flowers** and leave them for a couple of hours or a day to wither a bit
- Afterwards pour **4 cups of cold-pressed olive oil** (or another top-drawer oil - macadamia, almond, sesame, hazelnut) over the buds and flowers
- Close the jar well and leave it **in the sun for 6 weeks**, **shaking** it several times a day
- After 6 weeks, **filter the oil at least twice** through a thick linen cloth

The oil can be applied to **scabs, rashes**, face, **various body parts**, but also hemorrhoids. To satisfy your daily dose of active substances, you can freely drink **3 × 1 teaspoons of oil** each day, with a piece of bread on the side – for the sake of taste.

This oil can also be used to massage **painful limbs**, treat **wounds, burns** and **varicose veins**.

Women suffering from **chronic UTIs** should put a tablespoon of oil on a small plate and let a tampon soak it up for **15-20 minutes**. Then insert the tampon as usual. Change tampons **3 times a day** and always use them freshly soaked, over a longer period of time.

In this way **fungal** and even **bacterial** and some **viral diseases** are successfully treated, the **self-generating** of this area is induced, and it also helps with **fatigue** and **emotional** problems related to the genitals.



St. John's Wort Tincture

The procedure is the same as for **macerates** (infused oils), except for the main ingredient. **Home-made rakia** (70 percent alcohol) or vodka is used instead of oil. The rakia should be filtered and used **3 times a day** in the amount of **30-40 drops** diluted in a little water/tea.

The tincture prepared in this way is very likely to be standardized to total hypericin. St. John's wort tincture can be **taken orally** without breaks **over a long period of time**, for a few months, causing **no harmful consequences**.

This tincture is used in treatment of **bruises, sprains, gout, scratches, anxiety, fears...**

St. John's Wort Wine

St. John's wort flowers may also be used to make **healing wine**.

A mixture of **40 grams of flowers** and a **4 cups of high-quality wine** should be kept in a warm place **for a month**. After that, the flowers should be decanted and wine slightly sweetened; the whole mixture should be filtered and the remaining wine from the flowers strained with a cheesecloth into the rest of the wine.

For **better digestion**, take **2 cups a day before meals**.

Basic Recipe for Preparing St. John's Wort Tea

Put **1 tablespoon of finely cut herb** in the **boiling water (2 dl)**, remove from heat, cover for **30-120 minutes** (or **at least 15 minutes**) and drink **3 times a day** if you are suffering from **gastritis, stomach ulcer, diarrhea, liver diseases, jaundice**, bladder inflammation, **nerve disorders**, headache, kidney problems, menstrual problems, **anemia** (when used with other herbs and medications), **cough** and the like.

This tea is also very good for treating **depression, despondency, sadness and insomnia** – in these cases it is advisable to regularly drink **4 cups of the tea** for a longer period of time.

Trying out these remedies will warm your soul. After that, there is no end to the use of **St. John's wort**. Use it to make your own **facial creams** or **sweet liqueurs**, and if you want, you can put a bouquet of its beautiful flowers on the table to bring you happiness or at least put a smile on your face.