



Properties:

Antibacterial, antiseptic, antiviral, anti-inflammatory, analgesic, sedative, astringent, nervine, anti-depressant, vulnerary (promotes healing and protects against infection).

Medicinal Uses:

- Anxiety, stress and depression (taken for a 2-3 week period)
- Insomnia, sleep aid
- Support and strengthen nervous system, digestive system and liver.
- First aid: cuts, wounds, bruises, sprains, strains, burns, boils, blisters, injuries of all kinds
- Skin Healing: repairs damaged tissues, eczema, psoriasis, dry skin, itching, scars
- Strengthen and smooth fingernails
- Strong effect on nervous system making it useful for nerve damage and pain.
- Shingles
- Pain killer – take internal and apply externally
- Arthritis, stiff joints, painful joints
- Back and spinal pain, neck pain, concussion, shock or any injury to spinal column
- Eases fibrositis, sciatica and rheumatic pain
- Sore muscles, spasms, cramps and torn ligaments
- PMS – tea or tincture internally for regulating and lessen bleeding and staunch cramps
- Cold Sores and Herpes



Annie's Place

- Colds and flu
- Infections fighter; viral and bacterial
- Varicose veins and hemorrhoids
- Ulcers – prevention and treatment
- Gout

Methods of Use:

- Squeeze the “blood” from fresh flowers over area of concern
- Herbal infused oil with the fresh flowers is one of the most potent ways to use this herb for first aid purposes.
- Salve, balms, and ointments
- Linament
- Herbal infusion (tea)
- Bath and Foot Soak, infusion or add herbal oil to the water
- Tincture – best way to utilize the properties internally
- Poultice/Compress
- Capsules
- Use in a toner for blemished or oily skin or as a facial steam

In the Garden:

Cold stratify the seed (keep in freezer) for 4 weeks. Start indoors 10 weeks before last frost or sow directly outdoors in early spring. Can also plant the root of an already established plant. Space 12” apart, loves full sun, and drier conditions than most plants. It can be invasive so watch carefully. Harvest the flowers, buds and leaves just as the flowers are opening, on a dry, sunny day. Pinch between fingers to see if red spurts out, if not they are not yet ready to harvest, check often and test again. Pick flowers fresh to make oil, salves, tincture and tea or cut the upper 3-4 inches off the plant and hang or lay on a screen to dry.

Caution:

Use caution when pregnant or nursing. St. John's Wort can cause photosensitivity in some people so be cautious when harvesting (use gloves) and also keep covered when going outside after applying the oil or salve. Patch test on skin before using as some people have allergic reactions.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk