

St Joan's Wort Oil *Hypericum perforatum*

Some herbalists call St. John's Wort, St. Joan's Wort (same medicinal plant) because they feel St. Joan's wort plant is more feminine of center than masculine of center. St. Joan's Wort is named after the French revolutionist Joan of Arc. An inspiration to claiming your soul gift; the mission gifted to you upon this earth at this time.

This brilliant yellow plant flowers on or near Summer Solstice each year, St. Joan's Wort reconnects us to our agency & reminds us that we each hold light that's worth protecting.

The word "wort" comes from old English herbalists, meaning plant or weed. On the other end of the spectrum, St. John's Wort blooms on Summer Solstice & named after the feast of St. John the Baptist.

Crushing the yellow flower heads between fingers will produce a red- purple ink stain. This is the signature relationship to John the Baptist who was beheaded.

Mysticism has been wound around this plant. Peasantry of Europe used it to ward off evil, hanging it over doorways to keep witches away or plant it along sidewalks. If a witch walked next to it, they would fall down & have great challenge getting up & away.

The Muskogee people figured out how to use the plant without being told by the Europeans. In 1800 the Cherokee people were hanging it over the doorway to avert evil.

To make a storm dissipate the Ojibways would toss it on the hearth or burn it on the fireplace.

Also tied to the door of the house or to the gate to divert severe storms by Native & English people.

If you don't have a hearth, you can use a cast-iron skillet or pot to burn the herb. If doing so in the house, must open the windows for the smoke to escape.

Use ::

Topical use only when there is muscle or nerve pain that is distinct from joint or tissue inflammation, myalgia, neuralgia.

Benefits for sciatica, back spasms, neck cramps that continue after the structural problem has, if possible, been dealt with.

St. Joan's Wort combines well with topical Arnica & Poplar Bud

In my experience, clients with chronic fatigue benefit greatly from its use. Apply on the areas of skin where nerve & muscle pain reside. Helps the depression & agitation that can accompany chronic fatigue syndrome infections due to its nontoxic, antidepressive effects.

Ingredients

Wild foraged St. Joan's Wort, organic avocado oil, organic essential oil of criste marine

Criste Marine essential oil

Capacity for endless skin repair & enhances barrier function of skin and dermal metabolism. I bought this organic essential oil when I was in Corsica from a small essential oil company created, run & owned by two local brothers.

Contraindications ::

Avoid internal use when menstruating or pregnant, avoid internal use people undergoing chemotherapy, in conjunction with bleeding thinning medications or antidepressants.

Resources ::

Medicinal Plants of the Pacific West
Michael Moore & Mimi Kamp

Rusty Moon Botanicals
Return to the Earth