

Black Walnut Hull

Botanical Name: *Juglans nigra*

Family: Juglandaceae

Energetics: Warming, drying

Taste: Bitter, astringent, slightly pungent

Actions: Antimicrobial, antiparasitic, astringent, tonic, digestive stimulant

Overview

Black Walnut Hull is a traditional herb known for its potent cleansing and protective properties. Its primary use is to support the elimination of parasites, promote healthy digestion, and maintain a healthy gut environment. It also has antifungal and antimicrobial qualities.

Uses

Internal Uses

- Digestive support and mild detoxification
- Parasite and worm elimination
- Candida and fungal infections
- Liver and gallbladder support (stimulates bile flow)
- Promotes healthy bowel function

External Uses

- Skin infections and fungal conditions (eczema, ringworm, warts)
 - Poultices for wounds and minor skin irritations
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Medication Interactions

- May interfere with medications that slow blood clotting (anticoagulants)
- Can affect blood sugar levels; use caution with hypoglycemic medications
- Potential interaction with drugs metabolized by the liver (CYP enzymes)

Consult a healthcare professional before use if taking prescription medications.

Contraindications

- Pregnant or breastfeeding women should avoid internal use

- Individuals with nut allergies may be sensitive to topical or internal use
 - Avoid in children under supervision
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Caution & Safety

- Use internally only in recommended doses and short-term cycles
 - Topical use should be tested for skin sensitivity first
 - Discontinue if rash, nausea, or gastrointestinal upset occurs
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Herbal Pairings

Blends Well With

- Wormwood (for antiparasitic blends)
- Clove (antimicrobial synergy)
- Garlic (internal parasite and infection support)
- Pau d'Arco (fungal support)
- Calendula (topical skin healing)

Avoid Combining With

- Strong blood-thinners in high doses without supervision
 - Other highly astringent herbs if sensitive
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Possible Side Effects

- Gastrointestinal upset (nausea, cramping, diarrhea)
 - Allergic reactions in sensitive individuals
 - Skin irritation with topical use
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Forms & Dosage

Tincture (1:5)

- 1–2 mL, 1–3 times daily
- Short-term use for internal cleansing or parasite support

Powder / Capsule

- 250–500 mg, 1–2 times daily
- Use in cycles (5–10 days on, then a break)

Topical (Poultice / Salve)

- Apply as needed for fungal or skin conditions
 - Test small area first for sensitivity
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Notes

Black Walnut Hull is a powerful traditional ally for cleansing and gut health. It demands respect—use cautiously, especially internally, and always follow proper dosages.

This information is for educational purposes only and is not intended to diagnose, treat, or cure any condition.