

# Black Walnut Hull

**Botanical Name:** *Juglans nigra*

**Family:** Juglandaceae

**Energetics:** Warming, drying

**Taste:** Bitter, astringent, slightly pungent

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

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## 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.

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## 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.

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## 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.*