



Black Walnut Hull

Benefits and uses: Rich in vitamin C and other important nutrients, Black Walnut Hull is an exceptional laxative that relieves constipation and promotes bowel regularity. It is also thought to lower blood pressure and cholesterol levels, as well as burn off fatty materials and toxins in the blood. Black Walnut Hull is often used to expel internal parasites, and it may even do away with troublesome warts!

Information: Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at www.VibrantHealthCommunity.com (or call 1-866-378-8253) before starting or changing your program.

Details

Black Walnut Hull is highly valued as a very effective laxative and used for constipation and to promote bowel regularity. It is strongly purgative, but at the same time is considered safe.

As a vermifuge, Black Walnut Hull cleanses the body of many types of parasites. It expels intestinal parasites during the normal course of laxative-induced cleansing of the body, and the hulls' high tannin and juglone content is believed to oxygenate the blood and kill parasites. Black Walnut Hull is particularly effective against pinworm, tapeworm and ringworm infestation.

Black Walnut Hull is said to be a fine antiviral that is effective in removing warts, which are growths caused by viruses.

As an antifungal, Black Walnut Hull is thought to be an excellent treatment for fungal infection, relieving herpes, leprosy-type skin diseases, athlete's foot, cold sores and *Candida albicans*. Topically, a salve of Black Walnut has helped to alleviate nail fungus.

Black Walnut Hull is considered an antiseptic with antibacterial agents in the essential oil (juglone) and a

high organic iodine content that combats infectious microorganisms and bacterial infection. It has been used to combat malaria, syphilis, boils, acne and other infections.

Black Walnut Hull may help to lower blood pressure and serum cholesterol levels and is believed to burn up toxins and fatty materials while balancing blood sugar levels. This activity may help to ward off heart disease.

The tannins in Black Walnut Hull (and leaves) possess an astringent quality that is thought to shrink the sweat glands and reduce excessive sweating. The herb is said to help control menorrhagia, the excessive loss of blood during periods. It is also used to control diarrhea.

Black Walnut Hull is considered a tonic that aids digestion and the intestinal system. It helps to relieve colic, heartburn and flatulence. As a cholagogue, Black Walnut stimulates the flow of bile into the intestines and is thought to ease bilious colic and pain in the spleen.

Contraindications:

Currently, there are no warnings or contraindications with the use of Black Walnut Hull.

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