



*Artemisia absinthium*

Family: *asteraceae*

Parts: Leaves mainly but root can also be used as a powerful medicine

**Properties:**

Antibacterial, antifungal, anti-inflammatory, antibiotic, antiseptic, anthelmintic (parasites), bitter, carminative (aromatic digestives), choleric (increases bile), diaphoretic (increase perspiration), febrifuge (fever), immunomodulator (immune system booster), narcotic, smooth muscle relaxant, stomachic.

**Medicinal Uses:**

- any type of infections, internal or external
- #1 treatment for malaria
- antibiotic resistant bacteria, staph, candida, salmonella, etc.
- parasite and intestinal worms
- can kill off the harmful bacteria in the gut that causes sugar cravings and food addictions
- fungal infections such as athletes foot, ringworm and thrush
- scabies
- detoxes the liver, jaundice
- liver and digestive conditions
- radiation protection
- colds, flu, fevers
- bug bites and stings

**Methods of Use:**

- tea (administer 1 tsp. at a time up to 1/2 cup day)
- tincture (properties are best extracted using an alcohol base verses vegetable glycerine or vinegar - typical dosage would be 10-30 drops 6 times a day)
- capsules (1-5 capsules up to 4 times a day)
- fresh leaf can be chewed up (very bitter so be prepared)
- poultice (use for bites and stings and external infections, boils, sores, etc.)
- foot soak, bath (great for treating athletes foot and getting the properties of the herb into the body if other methods are just too bitter)
- herbal steam
- herbal oil/liniment
- enema (intestinal worms and parasites)

**Growing/Harvesting:**

I was able to purchase a plant start from my local nursery; you can also get a start from a mother plant if you know of someone that has it. Wormwood likes wild places and seems to be happy in any soil conditions, it likes full sun and well drained soil. Leaves can be harvested any time but are the most potent if cut before blooming. They can then be dried and stored for future use or made into a fresh plant tincture or tea.