

St. John's Wort

It was once believed that if you stepped on a plant of St. John's Wort at twilight, you might be carried off on a magic fairy horse and not return until daylight. It's at its most potent if harvested for medicinal purposes on St. John's Day.

St. John's Wort has a 2,400-year history of safe and effective usage in folk, herbal, and ancient medicine. St. John's Wort was prescribed as medicine by Hippocrates himself. St. John's Wort's generic name, **Hypericum**, shows that the herb was highly regarded, having power over evil spirits. It was taken from two Greek words, hyper and eikon ('over' and 'apparition').

It is an effective astringent that promotes wound healing and has antiviral properties that can assist in skin conditions. St. John's Wort is mainly used in conjunction with other carriers and acts as a preservative.