

Black Walnut

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As I was recently raking up black walnuts that had fallen off the tree this fall, I was thinking of all the different ways I have used the black walnut hulls through the years. This tree has been a huge blessing to me and my family. Each year I make up a fresh batch of black walnut tincture from the fresh hulls. I've used it on cold sores, athlete's foot, skin disorders, and many other things. I am reminded each time I make a batch of tincture of the confidence Dr. Christopher had in the black walnut hulls when he was serving in the army. He was able to heal the horrible case of impetigo on a soldier's head with a crude batch of black walnut hull tincture made with rubbing alcohol.

This was the only time Dr. Christopher used rubbing alcohol for making a tincture because that is all he had available. David Christopher recommends using black walnut tincture to help get rid of Lyme disease. Black walnut is also used in the Candida protocol to kill the fungus in the intestines. It is also used to expel worms from the bowels. Making your own medicine is very rewarding, easy, and satisfying.

To make black walnut tincture you can use dried black walnut hulls or fresh ones. When making tincture from the fresh hulls wear gloves to protect your hands from turning brown. With a knife, remove the fleshy hull from the outside of the shell and chop it up. Add it to a jar and cover with 100 proof vodka as you go until the jar is full. Add the lid and shake for at least 2 weeks every day.

Making tincture with the dried black walnut hulls is quite a bit easier. Use cut herb and fill your jar about half full with the herb and add 80 or 100 proof vodka to the top of the jar. Add the lid and shake every day for at least 2 weeks. Strain the tincture through a muslin cloth and bottle your tincture.

Black Walnut hulls can be used as a dye as well. It will stain whatever it comes in contact with. I have taken a fresh hull and rubbed it on a grey spot on my hair to stain it a nice amber color. Adding water to the powder to make a paste will do the same thing. It will also stain your skin so be careful. Because of the high tannin content, it is used to tan hides and color fabric. What are some of your favorite ways to use black walnut?

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