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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

St Johns Wort and Depression

By Mireille Gautschi

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by: **Mireille Gautschi**

The bright yellow flower of the St Johns Wort (*hypericum perforatum*) with its ray-like petals, represents the power of the sun that forces away the darkness. This already points to the anti-depressant effects of the St Johns Wort which are highly respected, even in conventional medicine.

St. John's Wort, a perennial plant, has been used for hundreds of years to treat depression, unrest and anxiety disorders as well as nerve pain. For a long time, doctors and herbalists alike have known about its use as a sedative, but also as treatment for wounds, burns, insect bites, stomach ulcers and more. It is still used widely today and its effectiveness has been proven to a point where some insurance companies are now covering the treatment.

It is not a powerful drug — when used to treat depression — in the sense of bringing a quick recovery, but shows excellent long term results in many patients. The herb assists body and soul in the healing process and helps to build a solid foundation for a complete recovery.

St John's Wort was tested in a double-blind study of 105 male and female patients in the 20 to 64 year age group, suffering from mild to moderate depression. They were divided into two groups and monitored over a period of four weeks. One group were given 300mg of St Johns Wort extract three times daily, and the other received a placebo. All of the patients had psychiatric evaluations before the start of the study and after four weeks of treatment.

The results revealed that, 67% of the St Johns Wort group had responded positively to the treatment without any adverse side effects whereas only 28% of the placebo group showed any signs of improvement.

St Johns Wort is available as tea (flowers and leaves), liquid extracts and pills or capsules. It is normally taken thrice daily and it will take one week or more to notice any improvement in the

condition.

Treatment can be continued for long periods of time as the herb does not normally produce any side effects. But St Johns Wort can interact strongly with other medication e.g. cancer and HIV drugs, contraceptive pills and others. So it is vitally important to consult a medical specialist first before starting a course of treatment.

One effect of St Johns Wort is, that it makes the skin more sensitive to light. It is therefore important to keep out of the sun as much as possible while using the herb.

There is growing evidence to suggest that St. Johns Wort is a safe and effective, natural remedy for the treatment of mild to medium depression.

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material is in no way intended to replace professional medical care or attention by a qualified practitioner. It cannot and should not be used as a basis for diagnosis or choice of treatment.

Mireille Gautschi is a qualified Flower Essence Therapist and Herbalist who has many years experience with the development of natural herbal remedies.

Her products can be found on the Hillside Herbal Products website

that also offers a very informative newsletter.

Benefits of Supplementing With St. John's Wort

By Chester Ku-Lea

What is St John's Wort?

Extracts of *Hypericum perforatum* L. (St John's wort) are now successfully competing for status as a standard antidepressant therapy. Because of this, great effort has been devoted to identifying the active antidepressant compounds in the extract. From a phytochemical point of view, St John's wort is one of the best-investigated medicinal plants. Researchers in Europe have studied St John's Wort for decades. They discovered a combination of elements in the plant, foremost of which is "hypericin", react with specific chemicals in the brain to temper emotional discomfort, lift depression, and calm the nerves. Working very much like the common synthetic prescription antidepressants (maprotiline hydrochloride and imipramine), natural extracts from St. John's Wort have shown to relax and soothe the psyche with minimal side effects

St John's Wort Benefits

St. Johns Wort today has been found to be very beneficial in healing wounds and is especially good for dirty, septic wounds. St. Johns Wort has been used in case of putrid leg ulcers, that nothing heals. Like

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the leach that was used not too many years ago for wound cleansing it does not destroy the healthy tissues and healthy cells but it cleans the dirt out of septic wounds. It helps reduce the inflammation in septic sores, in boils, in cellulite and lymhangitis.

The compound Hypericin was isolated from St. Johns Wort in 1942 and has been used as an anti-depressant for emotionally disturbed people. This tranquilizing quality from small quantities hypericin increase blood flow to stressed tissue. There is a reduced capillary fragility and enhanced uterine tone due to the increased Hypotensive blood flow.

St John's Wort Side Effects

The use of St. Johns Wort has been shown to demonstrate a side effect producing a photosensitivity. Hypericin is absorbed in the intestines and concentrates near the skin. An allergic reaction takes place when those with light fair skin are exposed sunlight. That exposure causes tissue damage and in some cases death has resulted. While taking St. Johns Wort one should avoid strong sunlight whether the skin is dark or light. There is a photosensitizing substance produced under the skin by this exposure to sunlight that causes the skin to burn.

Benefits

- relieves mild to moderate depression and anxiety.
- promotes restful sleep.
- improves capillary circulation.
- increases cardiac circulation.
- eases gastrointestinal distress.
- relieves discomfort associated with premenstrual syndrome.
- fights retroviruses.

Chester is a health nutrition consultant and is the owner of

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