

Please Take One!



SUPPLEMENT OF THE MONTH: St. John's Wort

What is St. John's Wort and where is it found?

St. John's Wort is a plant with yellow flowers used for medicinal purposes because of its anti-depressant and anti-inflammatory properties. It is found as a supplement in either capsule or liquid form, while the dried herb can be used as a tea.

What are the benefits?

St John's wort has been shown to be effective in treating depression, mood disturbances, PMS, ADHD, OCD, and seasonal affective disorder. Others use it for fibromyalgia, migraines, and fatigue. Topically, it is used for wound healing, muscle pain, and to treat bruises and abrasions.

Are there interactions with food or medications?

Do not take St. John's Wort with SSRI antidepressants, warfarin or birth control pills because there may be serious side effects. St. John's Wort may also decrease the effectiveness of HIV medications, transplant medications, and cholesterol medications.

Are there side effects?

Some people complain of symptoms including nausea diarrhea, abdominal pain, loss of appetite, confusion, fatigue, headaches, and dry mouth.

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