



# Wormwood – The Bitter Guardian of the Gut and Spirit

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## Botanical Profile

- Latin Name: *Artemisia absinthium*
- Alternative Names: Green Ginger, Absinthe Wormwood, Old Woman
- Plant Family: Asteraceae
- Parts Used: Aerial parts – leaves and flowering tops
- Origin: Native to Europe, North Africa, and temperate Asia

Wormwood is a fiercely bitter herb known for its potent ability to expel parasites and stimulate digestion. At Peridotflow, we honour Wormwood as a plant of purification—cutting through stagnation, both physical and energetic. It offers clarity in times of fogginess, restores fire to the belly, and acts as a firm but wise guardian of internal boundaries.

## Parasite and Microbial Cleansing

Wormwood is renowned for its ability to help rid the body of intestinal worms and parasites. Its potent bitter compounds create an inhospitable environment for harmful organisms, making it a key player in cleansing protocols. Often used alongside black walnut, clove, and other cleansing herbs.

## Stimulates Bile and Digestive Secretions

The intensely bitter nature of Wormwood makes it one of the most effective herbs for stimulating digestive juices, bile flow, and peristalsis. It's particularly supportive for those with sluggish digestion, bloating, poor fat absorption, or lack of appetite.

## Liver and Gallbladder Tonic

Wormwood supports the detoxifying functions of the liver and gallbladder. Its bitter action promotes bile production, which assists in detoxification and healthy digestion of fats. Traditionally used in liver formulas for purification and metabolic support.

## Cognitive and Mental Clarity

Though best known for its digestive use, Wormwood also has an ancient reputation as a clarity-bringing herb. Its sharp, aromatic bitterness can help pierce through brain fog and inertia—especially when associated with digestive stagnation or toxicity.

## Energetic Boundary Strengthening

On a more subtle level, Wormwood has long been associated with psychic protection. It has been used in rituals, dreamwork, and smoke cleansing to clear intrusive energies and strengthen the auric field.

## Folklore & History

In European folk tradition, Wormwood was a protective and visionary herb—used to ward off evil, promote lucid dreaming, and enhance intuition. Its name may stem from 'wyrmwort', meaning 'worm-plant', referencing its parasite-cleansing powers. It was the primary ingredient in absinthe, a famous bitter liqueur once revered and feared for its mind-altering effects.

## Traditional Usage

Used in small amounts as a tincture, infusion, or in bitter blends. Traditional European apothecaries prized it for intestinal worms, liver sluggishness, and melancholia. Burned or used in incense to cleanse space and invoke protection.

## Herbal Actions

Anthelmintic, Bitter Tonic, Choleric, Carminative, Antimicrobial, Nervine, Aromatic

## Energetics & Tissue States

Temperature: Warming

Moisture: Drying

Tissue States: Cold, Damp, Sluggish, Atrophic

## Active Compounds

- Thujone – aromatic ketone (psychoactive in high doses)
- Sesquiterpene lactones – bitter compounds
- Flavonoids, tannins, essential oils

## Dosage & Preparation

- Tincture: 1–2 ml up to 2x/day (short-term only)
- Infusion: ½ tsp per cup, steep covered for 10 mins (very bitter)
- Combine with warming herbs to soften its intensity
- Not for long-term use unless under practitioner guidance

## Safety & Contraindications

- Avoid in pregnancy and breastfeeding – may stimulate uterine contractions
- Caution with thujone content—can be neurotoxic in high doses
- Not recommended for long-term use
- May interact with seizure medications and blood thinners

## **Herbal Pairings**

- Clove – for synergistic parasite cleanse
- Black Walnut – for stronger anti-parasitic action
- Ginger – to warm and support digestion
- Fennel – to soothe bitterness and gas
- Mugwort – for dream and ritual use

## **Peridotflow Perspective**

Wormwood is not a gentle herb—it is a sword. It severs what no longer belongs and restores inner sovereignty. At Peridotflow, we turn to Wormwood when stagnant patterns need clearing and a deeper reset is required—body, mind, and spirit. We honour its bitterness as a necessary medicine of discernment and purification.