

Bistort

MEDICINAL: Bistort root, when ground and mixed with echinacea, myrrh, and goldenseal, is a great dressing for cuts and other wounds. It is also a powerful astringent, used by mixing a teaspoon in a cup of boiled water, and drunk several times a day, as a treatment for diarrhea and dysentery. The same mixture can be used as a gargle for sore throats. Bistort is good to drive out infectious disease, and is effective for all internal and external bleeding.

MAGICKAL: An amulet fashioned of the root of Bistort is carried when one wishes to conceive. Sprinkle an infusion of bistort around your home to keep out unwanted visitors of the mischievous variety, such as poltergeists, sprites, etc.

GROWING: Bistort prefers damp soils, such as in cultivated fields. It is native to Europe, but has been grown in Nova Scotia and as far south as Massachusetts. It is a perennial that reaches up to 30 inches tall.