

Wormwood (*Artemisia absinthium*)

Comment; so the story is the same one as coffee, i.e. abuse/overuse of a perfectly good and useful herb.

Wormwood is *Artemisia absinthium*, it is used a lot in aperitif wines and spirits in Europe, but only in small amounts or it dominates the taste.

It is mostly used for intestinal parasites, 'weak digestion', liver and gall bladder troubles and as an emmenagogue. I always recommend it as a prophylactic for folk traveling to hot countries, 15 drops of tincture three times daily usually does the trick. The American spp of *Artemisia*, incl. sagebrush and mugwort, have pretty much the same properties.

- No *Artemisias* should be taken during pregnancy.