

CALENDULA'S HEALING GIFTS

Deb Soule (she/her), Herbalist, Avena Botanicals Apothecary and Biodynamic Farm
Rockport, Maine www.avenabotanicals.com www.helpgrowarow.org 207-594-0694
Wednesdays, 1-2pm, EST, Deb has free call-in time to answer brief questions 207-596-0714

Actions: antiseptic, anti-fungal, anti-inflammatory, anti-microbial, diaphoretic, emmenagogue, lymphatic decongestant, immune tonic, vulnerary

Breasts: Calendula can be used topically and orally to reduce breast cysts, ease tender, swollen breasts, and improve lymphatic circulation. Calendula oil is my favorite oil to use as a regular breast massage oil. Calendula is beneficial when taken orally as tea or tincture for folks with post-mastectomy lymphedema and pain. It enhances the healing process and lessens scarring when used topically for surgical wounds (wash with diluted tincture, use succus as spritzer, oil, salve). Calendula oil or salve is safe and effective for anyone nursing for healing sore and cracked nipples.

Digestion: Combine calendula with other herbs (specific for each individual, may consider chamomile, plantain leaf) for healing chronic colitis and gastric ulcers. Calendula tincture, diluted in water, is commonly used by herbalists and homeopaths as a mouthwash for healing gum tissue after a tooth extraction or for healing the mucosa lining of a person's mouth that is inflamed or raw. The bitter and pungent taste of calendula warms the digestive tract and helps clear toxins from the gut. Include calendula in a sitz bath or salve for healing hemorrhoids or anal fissures.

Eyes: Calendula tea makes a soothing eyewash for tired, red eyes and for reducing inflammation of the eyelids from conjunctivitis or styes.

Gynecology: Calendula is an important addition to a formula for reducing fibroids and ovarian cysts. Its anti-fungal, antiseptic, and anti-inflammatory actions make this a valuable herb to include in suppositories for healing vaginal infections or vaginal tissue that has been traumatized. Calendula can be used as part of a healing protocol for herpes and thrush. I

always add calendula into a tea blend, healing bath and salve for anyone who has experienced sexual abuse. Calendula oil or salve soothe irritated and traumatized vaginal tissue. These flowers assist in the healing of both physical and emotional pain. They help to illuminate and gently guide a person on their healing path.

Immunity: Mildly stimulates the immune system. Add into teas or tinctures for reducing colds, flus, fevers, and swollen glands.

Liver: Calendula's bitter flavor stimulates the actions of the liver and gall-bladder, increases bile secretions, and improves bowel function. Its ability to improve liver function aids the body in eliminating toxins.

Lymph: Calendula taken as a tea or tincture reduces lymphatic congestion and swollen glands. Calendula oil massaged into the breasts and swollen lymph glands improves lymphatic circulation. With cancer, please use oil under guidance of qualified practitioner.

Skin: Calendula promotes tissue repair, enhances the healing process of surgical wounds, softens and lessens scar tissue, reduces inflammation, and is helpful for slow-to-heal wounds when used topically as an oil, salve, diluted tincture, or succus. Calendula oil or salve (combined with St Johnswort oil) is safe to apply on the perineum before and after birth. Use calendula oil or salve to prevent scarring from chicken pox.

Safety considerations: Avoid oral use during pregnancy. Safe for topical use during pregnancy. Be sure to wash a wound well before applying any calendula salve or oil topically as calendula promotes rapid tissue healing. People with allergies to plants in the Asteraceae family may need to avoid oral and topical use of calendula.