



Calendula
Calendula officinalis

Plant Sunshine

by Jade Shutes

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Calendula officinalis

Calendula syn. Pot Marigold

I have had a great love and passion for Calendula ever since I met this plant many years ago. Calendula thrives just about anywhere (including in a seed tray on a fire escape in the heart of Boston). Juliette de Bairacli Levy calls calendula an '*herb of the sun with much of the sun's power in its flowers*'. For me, sometimes just looking at calendula growing and blossoming soothes my spirit and uplifts my emotions. I love the beauty of the many colors of the flowers when mixed together and the aroma it imparts onto my hands when I harvest it. Growing and making medicine with calendula is simple, easy, safe, and inspiring.



I have had great success utilizing calendula herbal oil in salves for supporting scar tissue development after breast surgery (particularly useful when blended with rose hip seed oil and jojoba along with the essential oils of carrot seed, lavender, and helichrysum, rosemary ct. verbenon) and for general skincare creams and lotions. My son and I love the wound healing spritzer (for his knees) and it has come in handy for me in treating chigger bites to reduce itching and inflammation.

Calendula tincture is a wonderful addition to a facial wash of baby castile soap, calendula tincture and the essential oils of tea tree (*Melaleuca alternifolia*) and lavender (*Lavandula angustifolia*) in the treatment of teenage inflamed acne. The baby powder with German chamomile and Calendula powdered into an organic cornstarch base is divine! And this winter I look forward to making soup stock with it. And the list goes on...

ABOUT THE PLANT



Calendula (Calendula officinalis)

Botanical Family: Asteraceae syn. compositae - Aster Family

Calendula is an annual or biennial herbaceous aromatic plant native to central, eastern and southern Europe and North Africa. There are approximately 15 different species of calendula. The plant grows about 1 to 2 feet high, has medium-green leaves and a much branching fragrant (resinous) stem with daisy-like flowers. The flowers are a delightful variety of light orange, yellow to golden and dark yellow flowers. Calendula will flower all summer long and well into autumn depending on climate.

The term 'calends' refers to the plant's tendency to bloom in accordance with the calendar—every month in some regions, or during the new moon. It is one of the easiest plants to grow and one that provides great joy, bringing sunshine to the heart and mind. Calendula grows in the full sun although here in North Carolina and other southern states, it is best grown in part sun/part shade.

Traditional use:

Calendula was used in German folk medicine as a remedy for wounds and glandular problems. (Wood). Used historically as 'poor man's saffron,' calendula adds both color and flavor to some foods, typically rice and chowders. It was prevalent in European marketplaces during the Middle Ages and was a common soup-starter.

Chemistry:

Over thirty chemical components have been identified in calendula. These constituents include the flavonol glycosides isoquercitrin, narcissin, neoheperidoside, and rutin, terpenoids a- and b-amyrin, lupeol, longispinogenin, and sterols, volatile oils, arvoside A, carotenoid pigments, calendulin, and polysaccharides. (HerbalGram, Expanded Commission E) The plant contains a number of pentacyclic alcohols including faradol, brein, arnidol, and caldenduladiol. Rutin, quercitin, and isorhamnetin are among the flavonoids in the plant. (Foster)

Therapeutic benefits:

Calendula has been shown to be an effective bacteriostatic, anti-inflammatory, antipyretic, antifungal, and vulnerary herb. Clinical trials have shown that calendula increases cell proliferation and encourages the granulation process of wound healing.

According to Matthew Wood (*The Earthwise Herbal*) calendula possesses at least 7 main properties:

Externally:

1. Applied externally to wounds as an antiseptic, bacteriostatic (inhibits growth or multiplication of bacteria), and hemostatic. Calendula can be used to treat minor scratches and serious lacerations, it prevents the appearance of pus and inflammation, encouraging the body to heal the tissues at its own pace. It has a specific affinity for swollen, hot, painful, pus-filled tissue, especially where there is no vent. *Calendula has been shown to help activate the body's own cells, which gobble-up foreign debris or invaders at the sight of infection then help to activate other defense mechanisms. (Foster)

Internally:

2. it is therapeutic for swollen glands and lingering, unresolved infections, cleansing the lymphatic glands and ducts. It helps resolve stagnation in the lymphatics from wounds, gland removal, or sickness.

3. it lowers high enzyme counts from damaged liver
4. it soothes the digestive mucosa and other mucus membranes
5. it warms the stomach, drives heat to the periphery, thins fluids, and causes sweating in fever (antipyretic). Considered one of the best herbs for deep fever particularly when the bones hurt.
6. it promotes the period (menstruation). According to Julia Graves in communication with Wood: *Calendula* stimulates *upana vayu*, the downward bearing wind, or in other words, really increases the life force in the pelvic region. It is therefore indicated for amenorrhea and dysmenorrhea.
7. it is a traditional European peasant tonic taken to prevent sickness in winter (immune tonic). It prepares for the stress of winter by removing old lymphatic congestion and lingering infections.



The herb *Calendula* is approved by the German commission E for internal and topical use: Inflammation of the oral and pharyngeal mucosa and for external use on poorly healing wounds and *Ulcus cruris***.

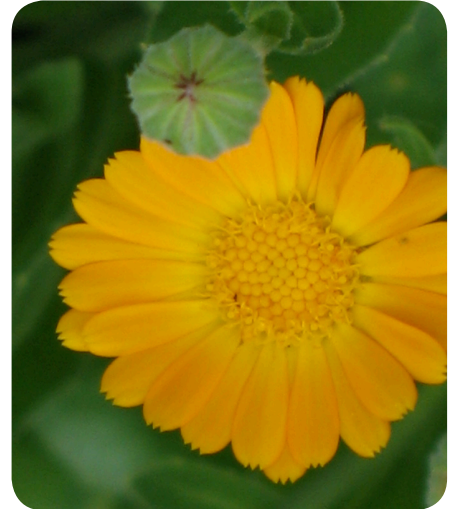
Amanda McQuade Crawford writes that *calendula* is a digestive bitter and is therefore useful in improving conditions of pelvic congestion, sluggish bowels, bloating, intestinal gas, and even heavy menstrual bleeding.

Lesley Tierra shares this story: 'When my son had the chicken pox, I only had to apply *calendula* tincture once to each pox for the itching and eruption to stop'. She also comments that *calendula* is specific for the beginning stages of measles, rashes and other eruptive diseases.

According to Aviva Romm, *calendula*, a bitter, cooling herb, exerts systemic antiseptic and anti-inflammatory activity when used orally, and is considered specific for the treatment of sebaceous cysts and acne. It is considered specific when there are swollen lymph nodes, and used internally, is considered to promote lymphatic circulation and drainage. The herbal infused oil or a *calendula* cream can be applied morning and night to help soothe vaginal tissue, heal minor abrasions, and discourage infection in menopausal women.

Calendula is indicated for:

- Wound healing/Tissue repair
- Inflamed skin conditions
- Eczema
- Insect bites
- Skin rash
- Cracked nipples due to breastfeeding (nontoxic to baby)
- Diaper rash
- Leg ulcers
- Damaged tissue, ulcers
- Poorly healing wounds
- Cracked skin conditions
- Amenorrhea / Dysmenorrhea
- Burns: great for first aid care of burns
- Fevers
- Hemorrhoids
- Low immunity
- Inflammation of the oral and pharyngeal mucosa
- Gum disease



Herbal and Aromatic Remedies

On the next few pages are a number of products you can make utilizing the therapeutic properties and beauty of calendula. Throughout the various products described in this booklet, I highly recommend that all materials utilized in their making are organic, certified organic, and when possible, locally grown.

I also highly recommend using only stainless steel pots, glass or stainless steel measuring cups and utensils. Avoid using plastic utensils/measuring cups and aluminum pots.

For jars and bottles to hold the end product, consider recycling jars, bottles, or spice jars (as long as the aroma of whatever what is the jar can be removed).

With regards to equipment, be sure to devote the double boiler, container on Vitamix or other blender, and ricer press to herbal/aromatic product making. Do not use them for food.

Calendula Tincture

You can use either fresh or dried flowers to make a calendula tincture. A tincture is an alcohol, apple cider vinegar or vegetable glycerin extraction of the active medicinal constituents of the plant/herb. You will need one of the following types of alcohols: Everclear, Organic vodka, or Brandy. (should be at least 80proof or 40% alcohol, the everclear I used is 151 proof/ 75.5% alcohol.)

The ratio of plant to alcohol is often written as follows:

For Fresh Calendula Flowers - 1:2

For Dried Calendula Flowers - 1:5

What does this mean??

1:2 This is a ratio between plant material to menstruum (liquid used to extract herbal medicine from plant). The 1 means 1 part of fresh or dried plant material. The 2 means 2 parts menstruum. In herbal medicine plant material is typically weighed in grams and menstruum is measured in milliliters. Typically when using fresh plant material the ratio is 1:2 and when using dried plant material it is 1:5.

So lets say we have 50 grams of fresh calendula, we would then want 100mls of the chosen menstruum. Or if we have 50 grams dried calendula then we would want to use 250mls of chosen menstruum.

If you are interested in learning more about the fine art of tincture making, I highly recommend either (or better yet, both!), Richo Cech's book "*Making Plant Medicine*" or James Green "*The Herbal Medicine Makers Handbook*". If you can only get one for now, begin with Richo Cechs book. It has a fabulous chapter on tinctures.

Simple Tincture Making (Gladstar)

If you would like to bypass all the measuring and ratios, simply place enough dried or fresh herb into a clean, dry jar, gently pressing down but not packing, leave about 1-2 inches at the top of jar. Pour enough menstruum to cover herbs until the liquid is about 1-2 inches above the herb. Stir with a chop stick to insure all plant material is covered in menstruum. Then cover with a tight-fitting lid. Place jar in a warm location and let herbs macerate for 4-6 weeks. Shake every day or every other day. Then follow instruction for pressing out tincture on page 10 of this booklet.

HOW TO MAKE CALENDULA TINCTURE

Step One: Gather your supplies

- Fresh or dried calendula flowers
- Electronic scale that weighs both ounces and grams
- Everclear, vodka or brandy
- 8, 16 or 32ounce canning jars depending on how much you would like to make (be sure to sanitize prior to use: I typically run them through a hot dishwasher cycle or hand wash them in hot soapy water)
- Chop stick or spoon handle to mix



Step Two: Weigh your herb

If you are working with an 8 ounce jar, first put all the flowers in the jar gently pressing down but not packing, filling to just below the top (about 1/2-1inch). Then weigh the flowers by placing a bowl on the scale and then turn the scale on. Empty flowers from 8 ounce jar and weigh in grams.



Step Three: Return herb to 8 ounce jar

Step Four: Calculate amount of menstruum needed based upon weight of herb being used. If you have used fresh herb then you will be making a 1:2 tincture. So lets say we have 50 grams of fresh calendula flowers. We would then multiply 50 by 2 = 100. This means we would add 100 milliliters of our chosen menstruum onto our calendula flowers. If you have 50 grams dried herb then you will add 250 milliliters of the chosen menstruum.

Step Five: Pour menstruum over calendula flowers and then use a chopstick to stir around, insuring that all plant material is bathed in menstruum. If the flowers go down more than desired or expected, then weigh out more flowers and add to jar. Then add appropriate amount of menstruum.



Step Six: Once you have stirred the contents and it comes to just below the top of the jar you can cap the jar and shake. Make sure that the menstruum is about 1 inch above the plant material.

Step Seven: Label the jar with the following information - Plant name, dilution 1:2 Fresh plant material, Date, and type of alcohol used. Label may look like:

**Calendula officinalis: Fresh plant 1:2 Everclear
June 12, 2011**

Step Nine: Once the allotted amount of time has passed, take out the tincture and gather together your supplies to decant or press out the tincture from the plant material.

Supplies needed: 2 Bowls (one to gather the tincture and one for the marc), bottle to store tincture, cheese cloth, and a herbal tincture press or a potato-ricer press. For making tinctures and herbal oils for yourself and your family/friends, a potato/ricer press works fine.

If you are interested in a herbal tincture press, we recommend: <http://www.herbtincturepress.com/>, www.horizonherbs.com or <http://www.mathrespresses.com/> also try ebay.



To Press a Tincture:

1. First, pour off as much liquid as you can from the tincture jar, without getting any plant material as well. Although if some plant material does get in, no worries, you can strain it out.
2. Then prepare your press or ricer. With the ricer, fold a piece of cheese cloth 2 layers thick and place into press. Then add herb. After doing it this way, I actually found that it was preferable to place 2-3 layers cut in a circle and fit to the bottom of the ricer, much more effective as I did not lose so much tincture in the cheese cloth.



3. Next, press. This is where an actual herb press comes in handy or strong hands.



4. Once the plant material has been pressed and all tincture collected, pour tincture into a clean bottle, label, and use when or as needed or desired.



4. This is the marc or pressed plant material. Consider composting this material or planting in your gardens.



Calendula oil infusion

Calendula oil infusion is incredibly beneficial for inflamed, dry, irritated skin as well as to utilize in cream, salve, lip balm and lotion making for a wide range of skin conditions.

A herbal oil infusion is the combination of dried or fresh medicinal plant material and organic extra virgin olive oil or sunflower oil infused in the sun for a minimum of 4 weeks and up to 2-4 months. You can also infuse it in a crock pot or turkey roasting. Directions to follow.



NOTE: Most plant material is dried before infusing in oil. One of the exceptions is St. Johns Wort which needs to be infused using fresh plant material. Calendula is infused using dried plant material.

Plants infused in olive oil are great for applications to the skin but can also, in the case of calendula oil, be used in salad dressings.

HOW TO MAKE

First: sterilize all your equipment: bowl for weighing, glass jar, lids, and utensils. Clean in a dishwasher on a high heat cycle or use hot unscented soapy water.

The standard concentration for herbal oils is 1 part plant material to 3 parts vegetable oil. You can weigh both your plant material and vegetable oil using a digital scale. I typically just fill the jar full of plant material, gently pressing the plant material down without compacting it down then cover the plant material with oil. It is up to you which method you use.



Solar method:

Fill jar with dried plant material then pour in the sunflower or olive oil, insure that the oil is at least 1-2 inches above the plant material. Cover the mouth of the jar tightly with the lid assuring that no air can get in. Place jar outside in the sun, shake it daily. Open the jar after a couple of days and check the oil level, add more oil if necessary. After 2-4 weeks, the oil is ready to press. (Note: you can leave the infusion longer if desired) Strain through a cheesecloth (making sure all plant material is removed) using a ricer press, bottle in clean jars and store in cool place. Herbal oils should be used within 12-24 months.

**I often used the outdoor solar method for infusing herbal oils while living in Seattle. However, since moving to North Carolina I found that the oil will boil in the heat of the sun/heat here so now I place my infusions in the window to get the sun but do not put them outside.

Crockpot: I don't personally recommend the crockpot as it gets too hot but if this is your only option: Place the weighed plant material and vegetable oil of choice in the crock pot. Turn crock pot onto the lowest setting, which is typically about 125 degrees F. This is as high of a temperature as you would want to use. Typically it is recommended at about 110 degrees F.

Turkey roaster: For large batches of herbal infusions, place your herb/oil mixture into the turkey roaster, place lid on securely and set temperature at 110 degrees F. Stir the mixture daily for up to 10 days. **If using fresh herb, leave the lid slightly ajar to allow any moisture still in plants to escape rather than pooling on the lid and dripping back into the oil. (not good, mold for sure!) Once the allotted time has passed, strain through cheese cloth using a ricer press and then pour into clean, sterilized jars.

Stove top: This evening I needed some calendula oil infusion for a cream I was making so I ended up using a stainless steel double-boiler. In the top pot I placed 1 ounce of dried calendula with about 1 cup of Organic virgin olive oil. I turned the stove on medium to get the water boiling and then turned the heat down to low. I allowed the herb to 'stew' in the olive oil for about 2 hours. After it cooled off I then decanted/pressed out the herbal oil.(see pressing under tincture making)



FOR ALL METHODS: Once you have strained the herbal oil through cheese cloth into a jar, let sit overnight. The next day the herbal particles and 'sludge' will settle to the bottom. Decant off the clear oil into another jar. You can use the sludge for a body oil/rub and then compost the rest.

Calendula salve

A salve of calendula is wonderful for treating cuts, slow healing wounds, scrapes, chapped skin, dry/cracked skin, eczema, diaper rash, inflamed or irritated skin, bug bites and sore/cracked nipples from breast-feeding.

To make a salve you will need the following supplies:

- Stainless steel double boiler
- Beeswax
- Calendula herbal oil
- Electronic scale
- Stainless steel or glass measuring cup
- Wooden or stainless steel spoon
- Sterilized Salve jars (25ml or 50ml or 1/2pint jar: quantity of each depends on how much salve you are going to make) *To sterilize, run them through the dishwasher or hand wash them in hot unscented soapy water, rinse and dry thoroughly.



Basic Salve Recipe

1/2 ounce grated beeswax
4 ounces calendula oil
Essential oils



Begin by grating the beeswax.



Then place 1/2 ounce grated beeswax with 4 ounces calendula infused oil into a stainless steel double boiler. Allow the mixture to melt down completely.

While the salve is melting, you can be preparing your jars. The recipe above will make 3 - 50ml jars and 1- 25ml jar. You can choose to make all the salve with the same essential oil synergy (combination of essential oils) or individualize each salve by placing drops of different essential oils into each individual jar.

I made three different salves. In one I placed a wound healing synergy. Approximately 20-50 drops can go into a 50ml jar depending on purpose. For this particular salve 20 drops was sufficient. If I were making a respiratory salve, I would go up to 40-50 drops per 50ml jar.

Wound healing synergy:

- 5 German chamomile (*Matricaria recutita*)
- 10 Helichrysum (*Helichrysum italicum*)
- 6 Lavandin (*Lavandula x intermedia*)
- 50ml basic salve recipe



In one of the other jars I put in 20 drops of Lavender (*Lavandula angustifolia*). And the other two jars were just the calendula salve without essential oils added into them.

After putting the essential oils into the jar and gently swirl around to mix the essential oils. Then pour the warm salve mixture into each jar. Cap and shake. Let sit and harden. *Be sure to label each jar with contents and date.* Salves should be used within a year.



Calendula/Cocoa butter and Shea butter salve

(this is adapted from Amanda McQuade Crawford's recipe in Herbal Remedies for Women)

- 2 tablespoons cocoa butter
- 1 tablespoon shea butter
- 1/2 cup calendula herbal oil

Melt down in double boiler, stirring occasionally. Then follow instructions for salve making. You can also add in 1/8 to 1/4 teaspoon of Candelilla wax. This makes the texture more of an ointment.

Calendula tea

1-2 teaspoons of dried flowers in a cup of boiling water. Steep covered for 10-15 minutes. Strain out plant material and add 2 teaspoons of local honey, if desired. The tea should be used 3-4 times a day or as needed based upon purpose.

Calendula tea can be 'swished around the mouth and swallowed in order to help heal oral lesions, sore throat, or gastric ulcer'. (Cech) Internally the tea has anti-inflammatory and antispasmodic activity. It is thought to improve digestion, stimulate bile production and regulate menstrual disorders. The tea will also increase perspiration and is useful during fevers both as a tea and a compress. The cooled tea can be used as an eyewash for red, sore, tired and irritated eyes.

Combine with marshmallow root and mullein to soothe the throat, treat hoarseness, and upper respiratory tract infection. Can also be used as a base tea for making cough syrups.



Supplies: empty jar, teaspoon, and strainer.



Straining the tea.



Calendula infusing in water.



Calendula tea.

Calendula/Rose/German chamomile Facial Steam

Facial steams provide deep cleansing of the skin and are great to use just prior to applying a clay mask. Steams can be done once or twice a month depending on skin type. Facial steams are contraindicated when skin is inflamed or when there is a high amount of broken capillaries. Calendula/Rose and German chamomile herbs can be used for all skin types and specifically for sensitive skin.

The first step prior to the facial steam is to cleanse the skin. This can be done using either olive oil or jojoba or a castile soap (I recommend Dr. Bronners Baby Castile soap). After cleansing the skin prepare the facial steam as follows:

Directions: Place water in a stainless steel pot or kettle and bring to a boil. If you have used a pot, remove pot from heat source once water is at a boil and then add approximately 1/8 to 1/4 cup of dried or fresh or dried herbs.

If you have used a kettle, pour boiling water over herbs into a pot or heatproof glass bowl. Place a bath towel over your head to create a tent over the steaming bowl. Position your face as close to the steam as comfortable. Keep eyes closed and enjoy taking deep breathes, enjoying the aroma of the plant material, as you steam for about 5 minutes. Remove towel from head and lightly dry face with a clean hand towel.



Calendula Moisture cream

This cream is a wonderfully rich moisturizer that can be used as a day cream for normal to dry skins and as a night cream for any skin type.

Recipe

Oil phase:

3oz coconut oil
4oz jojoba oil
2 1/2 oz calendula infused oil
1/2 oz beeswax
1 tsp. Cocoa butter
45 gms emulsifying wax
2.5 tsps of stearic acid

Water phase:

2 oz strong calendula tea
6 oz distilled water or hydrosols of choice
2 oz aloe vera gel



Ingredients for Cream making

Essential oils: If you are going to be using essential oils in the cream, prepare your synergies before beginning the cream making process. You can use the same synergy in each 50ml, 2oz or 4oz jar. This recipe will make 12-14 ounces of cream. Use approximately 7-15 drops of essential oil synergy per 1 ounce of cream depending on purpose.

Directions to make cream

Step 1: Combine all oil phase ingredients in the top part of a double boiler and melt over a low heat.



Step 2: While the oil phase ingredients are melting, prepare the calendula water infusion/tea.



Step 3: Remove oil phase from heat immediately when melted. Pour the mixture into a glass measuring cup and continue on to step 4. You will need to work quickly in order to insure oil phase is at the same temperature as the water phase.

Step 4: Strain calendula tea and then combine all water phase ingredients together in a small sauce pan or double boiler (clean out oil phase completely). And heat on low, stirring constantly, warming just enough to be equal to warmth of oil phase.



Step 5: Pour warm water phase into Vitamix or other blender. Turn on lowest setting.



Step 6: Slowly pour warm oil phase into water phase. Keep blender on low setting.



Step 7: Once the cream is blended, pour into individual jars. Each jar should already have your chosen essential oil synergy in it. Cap and shake each jar and let cream harden. Label each jar with ingredients and use within 3-6 months.



Calendula/Myrrh Mouthwash

This is a recipe I revised a bit from Rosemary Gladstars Healing Mouthwash in her book 'Herbal Recipes for Vibrant Health'.

- 1 cup water
- 1/3 cup organic vodka
- 3 dropperfuls calendula tincture
- 1 dropperful myrrh tincture
- 6-7 drops *Melaleuca alternifolia* essential oil
- 3 drops *Mentha x piperita* essential oil
- 3-4 drops *Commiphora myrrha* essential oil



Place all ingredients in a glass jar (I used a canning jar) and shake before each use. I recommend using it at night after brushing your teeth and just before heading off to bed.



Calendula/Myrrh wound cleaner and healing support

I made this for my son, Soren, and his poor knees which seem to sustain some kind of injury every few days from riding his bike, scootering, or just running and falling down.

In a 2 ounce spritzer bottle combine: 5-6 mls of calendula tincture and 3-4 mls of myrrh tincture. Fill the remainder of the bottle with spring water. Shake prior to each use. Spray on cuts and scrapes and let air dry. Apply at least 2-3 times a day or as needed while wound is healing. You can add essential oils into this mix as desired. Consider essential oils such as myrrh, tea tree, German or Cape chamomile, and/or lavender.

I have also used this myself to gain relief from chigger bites that become incredibly itchy and inflamed.

NOTE ON MYRRH: *Commiphora myrrha* is used for its antiseptic and anti-inflammatory properties. It is specifically useful for topical treatments for the mouth and throat infections: e.g. gum disease, mouth ulcers, tonsillitis, and gingivitis. It is bitter and astringent. Myrrh is also used to treat wounds and ulcers.



Chamomile/Calendula Baby Powder

Gather together your ingredients and supplies:

- Corn starch (organic, of course!)
- Arrowroot powder (optional)
- Powdered German chamomile flowers
- Powdered Calendula flowers
- A bowl
- A wooden or stainless steel spoon
- A container to hold baby powder (an old clean, scent free herb bottle works great: something with a shaker top)

To make, combine:

3/4 cup organic cornstarch

2 tbsp. powdered German chamomile

1-2 tbsp. powdered Calendula

You can add in 2 tablespoons of arrowroot.
I typically leave it out but some people like to have it in there.



Baby powder supplies



Powdered German Chamomile



Mixing ingredients together



The final product.

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<http://apps.who.int/medicinedocs/en/d/Js4927e/6.html>

**Ulcus Cruris is an ulceration of the lower leg that is caused by chronic venous or arterial insufficiency or has a neurotrophic origin. Ulcus Cruris present as deep non-healing wounds on the lower leg, calf, foot and heel. The skin is thin and compromised and very prone to braking down even after a minute trauma or external pressure. Often several small ulcers break out close by and soon fuse to form a large ulceration that spreads over a sizeable area. Ulcus Cruris is exacerbated by underlying chronic diabetes, which is well known for healing disturbances. <http://www.medsolution.de/en/Ulcus-Cruris/Indikationen/Dermatology-/Ulcus-Cruris-Leg-and-Foot-Ulcer.html>

Suppliers List

Recommended Essential Oil Companies

Cheryls Herbs <http://www.cheryls herbs.com/>

Lunaroma Aromatic Apothecary <http://www.lunaroma.com>

Lunaroma offers pure organic essential oils of the highest quality. Our natural bath and body care products are handcrafted in small batches using only the finest quality aromatics, organic botanicals and base ingredients.

Essential Aura Aromatics www.essentialaura.com or www.organicfair.com

Floracopeia <http://www.floracopeia.com>

Floracopeia offers a large selection of well-known essential oils, as well as unusual, uncommon, and relatively unknown oils from unique botanical species.

Fragrant Earth www.fragrantearth.com

Fragrant Earth International is a long established company and our list has developed over the years, always aiming to meet the needs of practitioners and therapists world-wide.

Florihana www.florihana.com

At the foundation of our commitment to create the Florihana distillery were two main aims: respect for nature and development of highly therapeutic certified organic products for aromatherapists.

Original Swiss Aromatics www.originalswissaromatics.com

O'Malley and Potter <http://www.feelgoodproducts.com>

Herbs/Vegetable Oils/Herbal Oils

Blessed Herbs www.blessedherbs.com

My favorite company to get dried herbs from.

Mountain Rose Herbs <http://www.mountainroseherbs.com>

Bottle Companies

SKS Packaging <http://www.sks-bottle.com>

SKS is a supplier, consultant and designer of plastic bottles, glass bottles, plastic jars, glass jars, metal containers and closures for your packaging needs. Our online selections of containers and closures is extensive and priced right so that you are getting the best selection of products at the best prices.

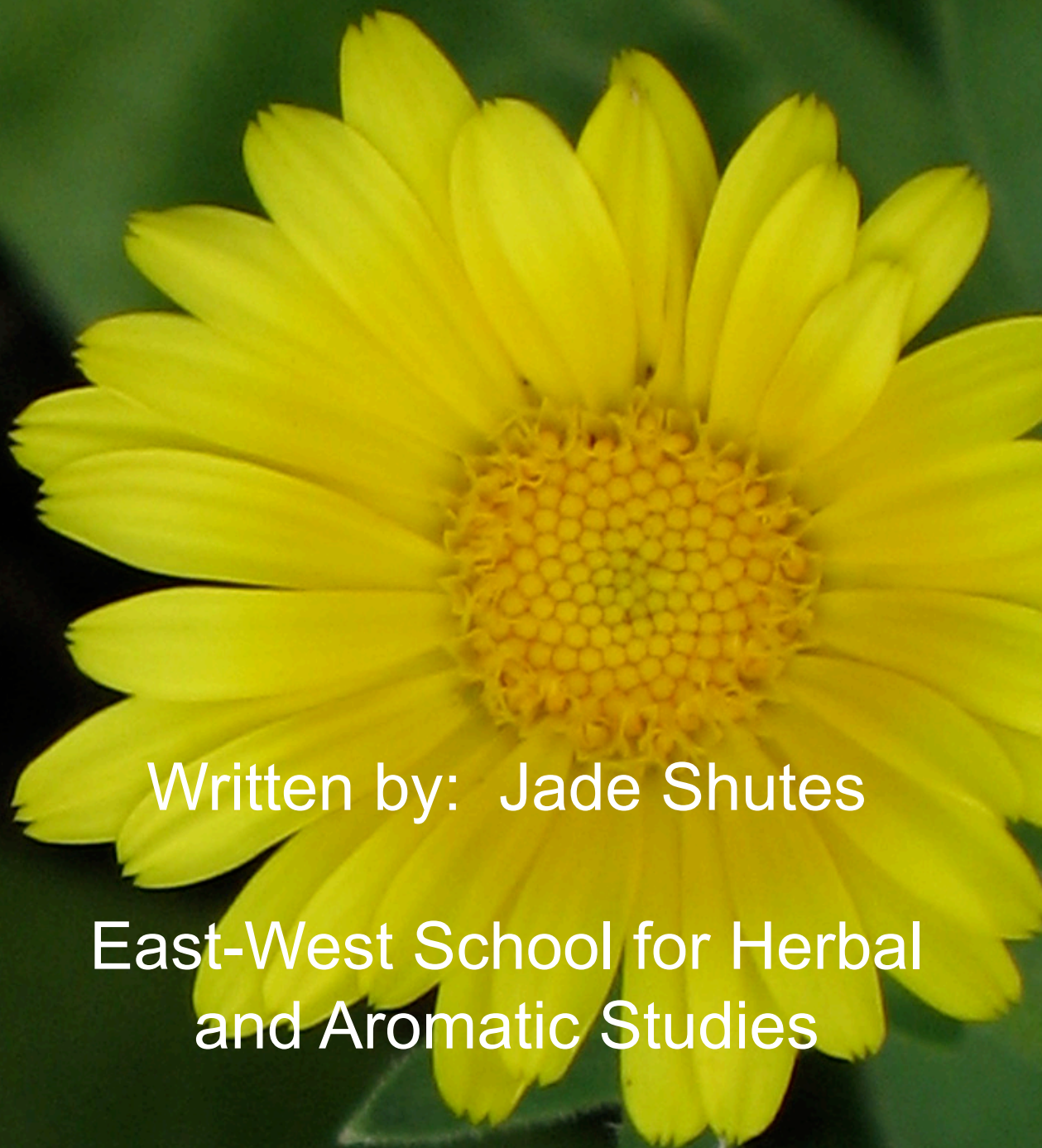
Specialty Bottle <http://www.specialtybottle.com>

Specialty Bottle is a national supplier of glass, plastic and metal containers. We service over 30,000 customers throughout the United States and Canada. Many of our customers are in the gourmet food, natural products and candle industries.

Medicinal Plants and Seeds

Horizon Herbs www.horizonherbs.com

We here at Horizon Herbs believe that gardeners can heal the world by growing diversity. It is a well-documented fact that we are living in a time of great loss of species, and it is our understanding that this loss of species is both a cause and an effect of the current ecological downturn. Therefore we propose that everyone engage in species rehabilitation toward a renewed blossoming of diverse gardens on planet earth. It may not be the only answer, but it is one of the best.



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