

HUCKLEBERRY



HOLISTIC



CALENDULA
TINCTURE
OIL & SALVE

Materia Medica - Calendula

In Traditional Western Medicine

- Antibacterial
- Antiviral
- Antiprotozoal
- Antineoplastic
- Soothing
- Emollient
- Astringent
- Lymphatic



Materia Medica - Calendula

In Traditional Western Medicine

- Wounds
- Rashes, hot spots
- Prevents scarring
- Immune stimulating
- Leaky gut
- Insect bites
- Burns



Materia Medica - Calendula

- Rich in Polysaccharides
- Destroys Pathogens
- Heals Tissues



Energetics



neutral-cool & dry
bitter, sweet, salty, acrid

Materia Medica - Calendula

- Substitute for Arnica in emergencies
- Relaxes small vessels that nourish tissues
- Improves blood flow to tissues in case of injuries
- Excellent lymphatic remedy



Materia Medica - Calendula



Contraindications: Allergy to asteraceae (compositae) family

Examples of asteraceae family plants:
Lettuce, endive, romaine lettuce, dandelion, mugwort, tarragon, cardamom, wormwood, arnica, coltsfoot, chamomile, yarrow, chicory, artichoke, topinambur, sunflower seeds & oil, and safflower oil.

Materia Medica - Calendula

External Uses

- Regenerates epithelial and mucosal tissues
- Stimulates comfrey to build cartilage and form new tissue
- Stimulates re-granulation
- Reduces swelling
- Pain-relieving
- Burns
- Injuries



In combination with comfrey: stimulates cartilage growth

Materia Medica - Calendula

As a cream or tincture in combination with:

Comfrey* (*Symphytum officinale*)

Hound's Tongue* (*Cynoglossum officinale*)

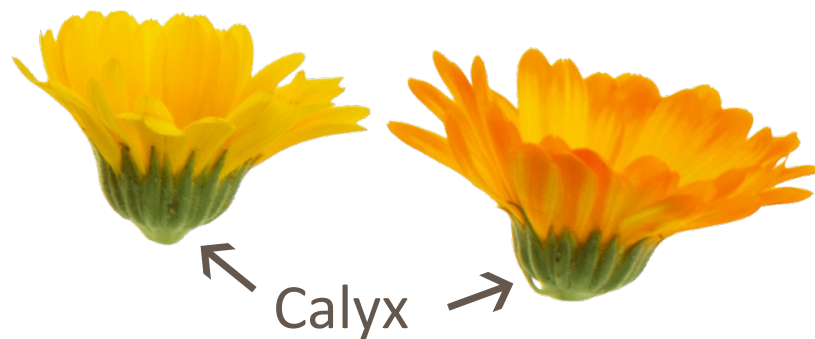


*Contain Allantoin – which has skin-soothing and healing properties, promoting skin cell regeneration and aiding in wound healing.



Harvesting Calendula

Harvesting time: June - October
Collect flowers, including calyx.
Better if the flower is not fully open.
Dried, it can be stored for 12 months.



Best as a tincture or oil.

Processing Calendula

Oil: Allow fresh flowers to dry for 2-3 days, fill a jar with the flowers, cover them completely with olive oil, and let them steep in the sun until the oil turns orange (3-4 weeks). Alternatively, you can use an oven at 80°C (176°F) for 2-4 hours.



Processing Calendula

Tincture

Fill a glass with fresh flowers, add 70-96 % alcohol (140-192 proof) in a proportion of 1:2 (weight flowers:volume alcohol) so that the flowers are completely covered, and let it sit in a cool, dark place for at least 4 weeks. Shake occasionally. Strain and label.

Example 1:2 : 100 g flowers with 200 ml alcohol.

Always dilute calendula tincture for external use at least 1:10 with water!





homemade



purchased

Processing Calendula

Infusion (tea): 8-12 g Calendula flowers / 500 ml boiled water

Let steep for several hours.

Not tasty! 🤔



Dosage

BID = twice per day
TID = three times per day
BM = Body mass (weight)

Human

Dried flowers: 1-10 g TID

Infusion: 25-50 g flowers/liter water,
of that 150-200 ml as a tea TID

Tincture: (1:2 or 1:3) 1-4 ml TID

Dog/Cat

Dried flowers: 20-200 mg/kg BM BID

Infusion: 25-50 g flowers/liter water, 20-50 ml/10 kg BM BID

Tincture: (1:2-1:3) ¼ -1 ml/10 kg BM BID



Calendula Salve

Ingredients

200 ml Calendula-flower-oil (organic olive oil)

24 g organic beeswax

7 ml Vit. E oil

Tools

- Stove
- Heat resistant glass containers
- Stirring utensiles
- Salve jars with lids
- Labels



Calendula Salve

First, make calendula oil.

1. Collect calendula flowers and let them dry for 2-3 days or use dried flowers.
2. Fill a glass with flowers and cover them completely with organic olive oil.



3. You can make a sun infusion in the summer, but in the fall/winter, I prepare the oil in the oven. To do this, place the filled glass uncovered in the oven for several hours at 80°C (176°F). If the flowers are not completely dry, use the oven at 90-100°C (194-212°F) and leave the door slightly ajar (with a wooden spoon) to allow moisture to escape.

Calendula Salve

4. Press the finished oil. Dispose of the used plant material in the compost. I use a „Thüringer“ dumpling press to press oils and tinctures.



← finished Calendula oil

Calendula Salve

5. Fill into dark glass bottles and label them.



Calendula Salve

Making calendula salve.

1. Weigh 12 g of organic beeswax for every 100 ml of oil. In this example, I'm using 200 ml of oil, so I need 24 g of beeswax.



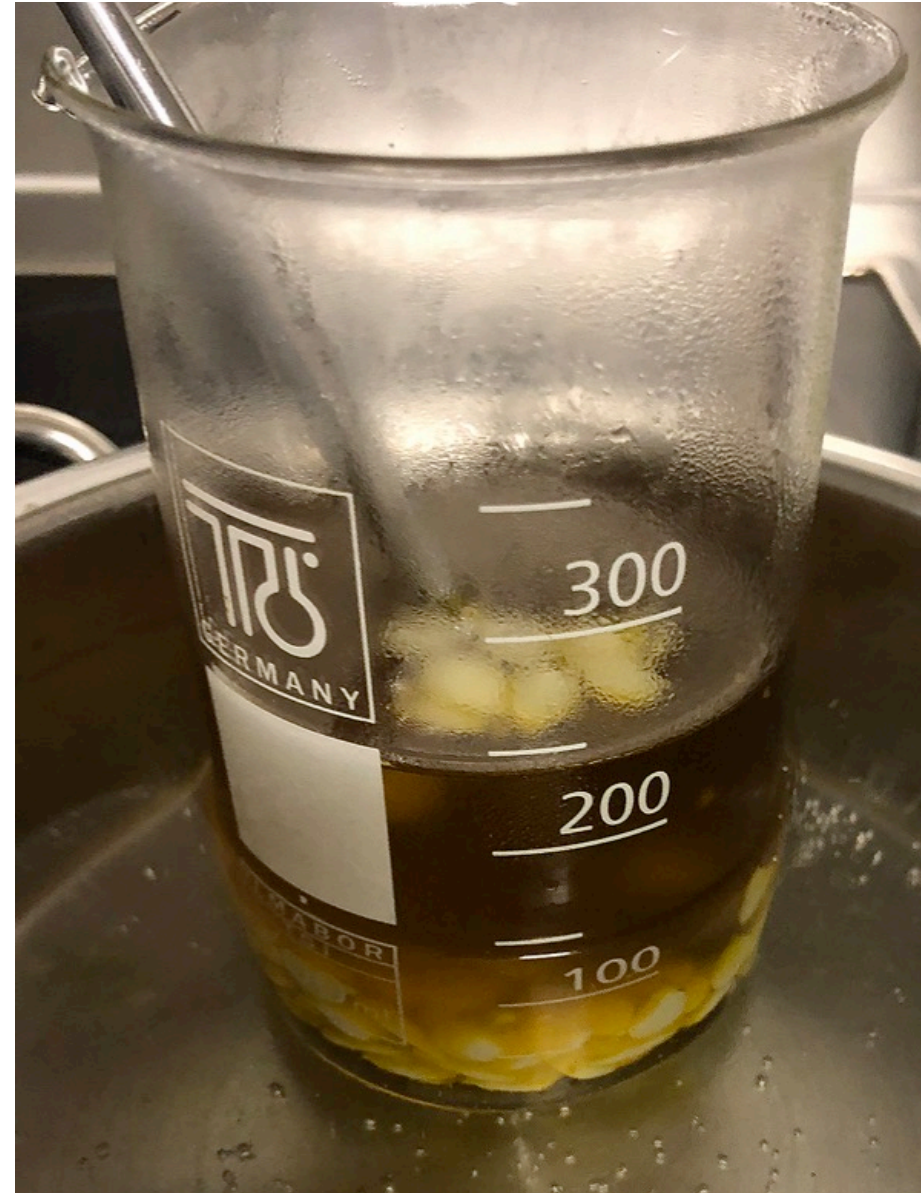
2. Pour the calendula flower oil into the heat-resistant glass.

Calendula Salve 🌻

3. Place the glass with the oil in the pot. The pot should contain as much water as possible but not so much that the glass begins to float or tip over.

4. Add the beeswax to the oil and heat the water until it's just about to boil.

5. Stir occasionally. It doesn't significantly speed up the melting of the wax, but it helps pass the time.

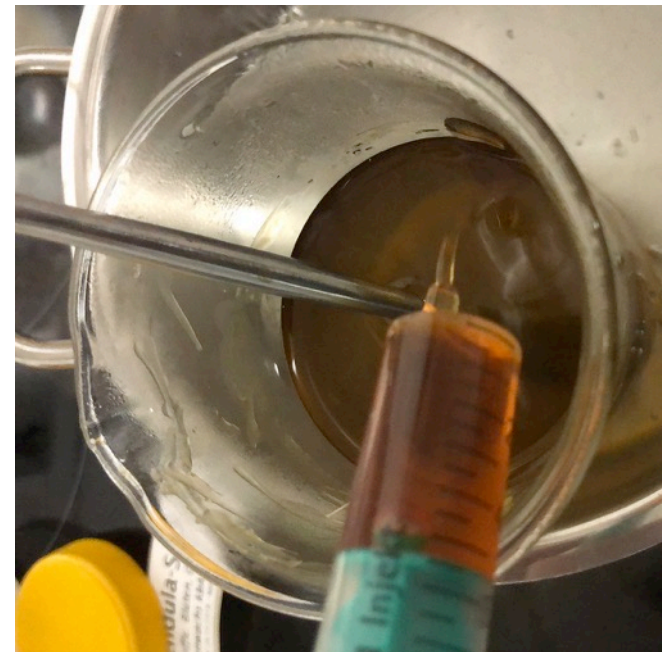
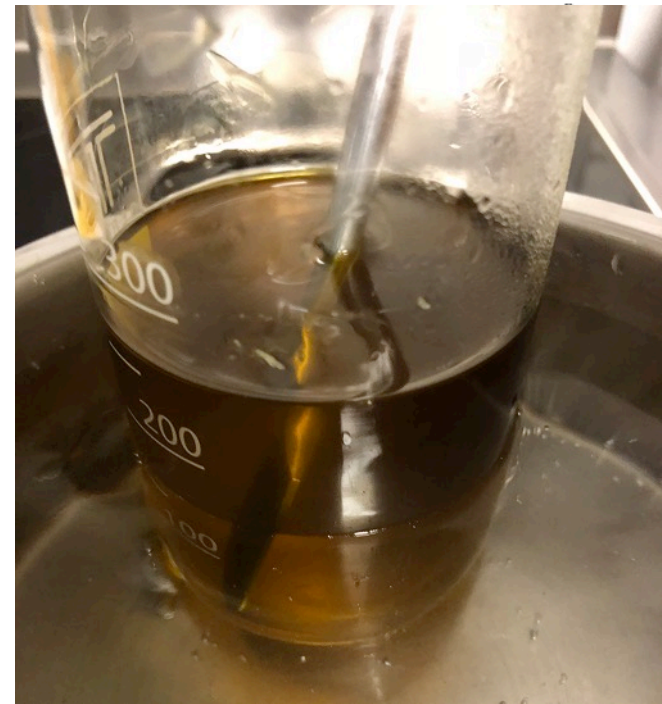


Calendula Salve 🌻

6. Once the beeswax is completely melted, you can add the vitamin E oil. Use 3.5 ml of vitamin E oil for every 100 ml of oil. With this amount of vitamin E, the salve/oil will be preserved for at least one year.

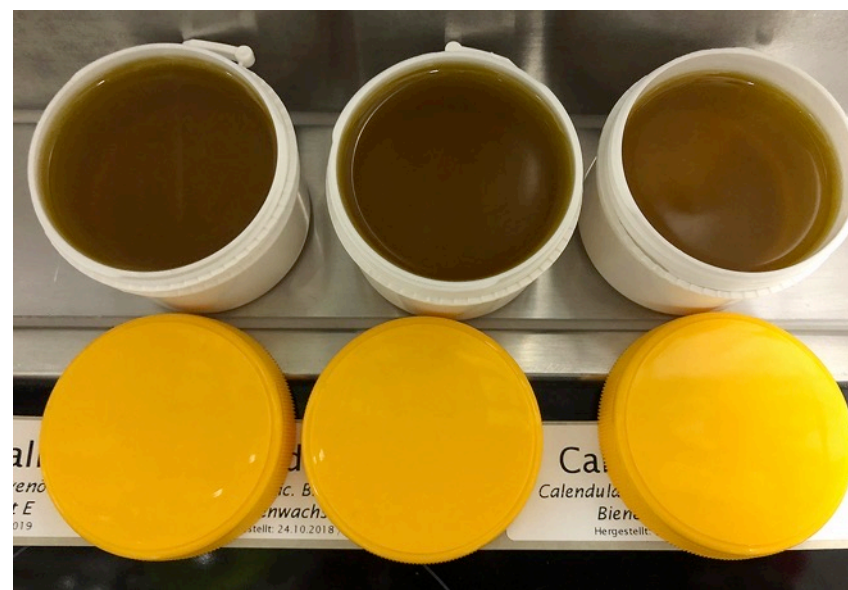


You can also add essential oils if you wish. Remove the oil mixture from the heat and add the essential oils to the liquid "salve" shortly before filling it into the jars so as not to evaporate the essential oils.



Calendula Salve 🌼

7. Pour the oil-beeswax-vitamin E mixture into clean salve jars. Fill the jars to the top to reduce oxidation.
8. Seal the salve jars and label them.




The salves should be completely cooled and hardened before sealing the jars.



Calendula Salve

Applications

Calendula salve is suitable for the treatment of wounds to accelerate wound healing and reduce scarring, as well as for eczema, burns, sprains, bruises, inflammatory skin conditions, skin fungi, hot spots and bacterial skin infections. Additionally, it can provide relief for irritated or injured paw pads.

 **Warnings:** Not suitable for deep open wounds. Allergic reactions may occur in individuals who are sensitive to asteraceae (compositae) family plants. If unsure, test the salve on a small and insensitive skin area first.



Thank You!



Check out my FREE mini-course
`An Herbal Dog Walk`

www.animalherbalism.com

