

dogs **naturally**

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Special Cancer Issue

BLACK SALVE

NATURE'S NSAID

DIETARY FAT

CHOOSING A COMMERCIAL RAW DIET

UNRAVELING HYPOALLERGENIC DIETS

TREATING LYMPHOMA





Calendula

Botanical Name: *Calendula officinalis*

Family: Asteraceae

Part Used: Flower head and petals

Calendula is the flower of sunshine. It's highly resinous and sticky to the touch. The common name is marigold and many herbalists call it "herbal sunshine." You know the flower is full of medicine when you pick one up and your fingers become sticky from the plant's resinous properties.

The ideal time to harvest the flowers is when the medicine is at the peak of perfection on a sunny day, as the plant puts forth all energy to reach for the sun. It's easy to grow in full sunlight with well-drained moist soil.

The properties and actions of calendula are many: antibacterial, antifungal, anti-inflammatory, antioxidant, antiseptic, anti-spasmodic, antiviral, aperient, astringent, cholagogue, detoxifier, diaphoretic, emmenagogue, estrogenic, hemostatic, immunostimulant, vulnerary.

Calendula is a gentle healer, and when used where specifically indicated, it's a highly effective healer. Some of the medicinal uses for calendula include lymphatic stimulation, increasing a low immune response; it soothes and heals GI and stomach ulcers, improves blood circulation, reduces candida,

stops coughs, aids in digestion, fungal infections, diarrhea, reduces inflammation and is detoxifying to the liver and gallbladder.

Calendula is an excellent remedy for hot spots or almost any external wound that is inflamed, red and tender, with or without pus. Calendula contains bacteria (in lieu of killing bacteria) that keep the wound or hot spot clean.

It helps the body heal itself, speeding up wound healing by increasing blood flow to the affected area while promoting the production of collagen proteins. It removes excess dampness in the wound which is greatly helpful with thrush.

The most common topical uses for calendula with dogs is either an infused oil or salve to heal cuts, abrasions, hot spots, and as a skin or eye wash made by simmering the fresh or dried flowers in fresh water at one part flower to three parts water, then cooling.

Internally, use in an alcohol tincture or powder from dried fresh flowers to stimulate the lymphatic system as part of a healthy regime or specific cleanse, to strengthen the

immune system, as an adjunct for inflammation and to remove excess dampness.

One way to tell if your pup may have lymphatic stagnation is to check for an unpleasant odor exuding from the upper areas under the front and back legs where the lymphatic structures are. If present, this odor may indicate the lymphatics are not cleansing completely. Using a tincture at the dose of 1.2 ml per 40 lbs body weight twice daily, or the powder from the dried flowers at 1 tsp per 40 lbs body weight for 14 days should clear the stagnation and the odor.

When making an oil, it's best to dry the calendula flower first to lower the moisture content so that the oil won't spoil. You can infuse a high quality avocado oil or extra-virgin olive oil (preferably organic) by filling a ball jar (any size) three-quarters full with dried flowers (head and petals), then fill the jar with the oil to the very top of the rim, remove air bubbles with a clean, dry tool (I use a wooden chopstick). Put the lid on very tight and place in full sun for 30 to 45 days, depending on the heat. This oil can then be used for the base of a salve. 🌿



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