

CALENDULA

What is Calendula?

Calendula Officinalis is one of the most recognizable flowers in the world. It finds its way into flowerbeds, and kitchens constantly. It can be used for decoration, flavouring during cooking, and as a natural remedy for several different ailments. And of these natural remedies, calendula tea is becoming one of the most popular. It can be used as a nutritional supplement or for its medicinal properties.

The Benefits of Calendula

It is high in beta carotene, a mineral found in carrots. Beta carotene can boost the immune system, reduce the risks of certain types of cancer, and help stave off rheumatoid arthritis and other joint inflammations. In short, you will get close to the same amount of beta carotene from this tea that you could from eating carrots, along with a rich dose of vitamin A to boot. Calendula also contains other oils and sugars that, combined with beta carotene, can help to boost your immune system tremendously.

Its specific benefits include:

- It is anti-inflammatory and anti-bacterial
- It stimulates the immune system
- Helps stimulate the production of collagen
- It helps detoxify the body after an operation
- Beneficial for gastrointestinal disorders, and helps limit the effects the bacteria associated with gastritis, peptic ulcers, and stomach cancer
- Helps regulate the menstrual cycle
- Can be swabbed on inflamed skin (acne, hemorrhoids, etc.)
- Eye washes help in treatment of conjunctivitis
- Use on all bites, stings, mouth ulcers, topically as either a tea or an oil

Caution: Do not over-consume if liver is sluggish. It may stimulate bile too rapidly and cause biliousness, or wounds may heal too quickly over stitches.