Since the Middle Ages, marigolds (aka *Calendula officinalis*) have treated a slew of maladies, from wounds to acne to athlete's foot to colitis to diaper rash. It certainly helps that these golden orange flowers happen to be both anti-inflammatory and antimicrobial.

Nowadays, calendula extract is predominantly used in topical skincare products for its healing and soothing properties. A clinical study published in the 2005 *International Journal of Tissue Reactions* showed that an ointment containing marigold extract, applied twice daily over a three-week period, effectively reduced the total surface area of patients' venous leg ulcers by almost 42 percent.

There are, however, some cautions to consider. Cosmetics and skin care consultant Paula Begoun warns calendula "may have a positive effect on wound healing. But it may also trigger an eczema-like reaction" (i.e., itchy, irritated or swollen skin). Nine out of 443 patients patch tested for calendula allergy had a positive (allergic) response to it in a clinical study published in the November 2001 issue of *Contact Dermatitis*. "People with allergies to other plants (ragweed, daisies, dandelions, sunflowers, chrysanthemums, Arnica and other daisy-shaped flowers) are more likely to have an allergy to calendula, or to eventually develop one," explains Holly Phaneuf, PhD, author of *Herbs Demystified: A Scientist Explains How the Most Common Herbal Remedies Really Work*.

It is always best to consult your healthcare professional before considering any herbal treatment. Though once you do, a little dab of calendula cream might be just what the doctor ordered.

---

**Earth's Bounty**

**Acai, Mangosteen & Goji**

*We have the SUPERFOODS!*

**natural energy  anti-oxidant  anti-aging**

great tasting  wild crafted  eco-friendly

- Made only from fresh ripe fruit
- No preservatives or additives
- 100% Juice- No added water
- Full 1 liter of Juice
- All Vegetarian and Vegan
- Best Value
- Available in glass or plastic

Ask for them at your favorite health food store or contact us at: 1.800.736.5609 www.earthsbounty.com
**DERMA E ANTI-ACHE HERBAL PAIN RELIEF CRÈME** may relieve your aches and pains with a combination of calendula, peppermint, arnica and hypericum.

**MOUTH RINSE**

Calendula extract may help heal canker sores when you gargle with **WISE WOMAN HERBALS MOUTH RINSE**.

**CREAM**

The organic **NELSONS CALENDULA CREAM** soothes sore and rough sensitive skin.

**DRIED FLOWERS**

Mix **MOUNTAIN ROSE HERBS WHOLE CALENDULA FLOWERS** with olive, sesame, or vitamin E oil to make your own homemade calendula oil for topical treatment of acne, wounds and sunburns.

**BODY CREAM**

Care for chafed or reddened skin with **WELEDA BABY CALENDULA CREAM**. It's also great for protecting chubby cheeks on windy days.

**FACIAL CLEANSER**

A daily regimen involving **PANGEA ORGANICS EGYPTIAN CALENDULA & BLOOD ORANGE FACIAL CLEANSER** may revitalize and soften skin. The calendula increases circulation, while essential oils of blood orange balance it all out.

---

**YOUR DAY JUST GOT MORE FLEXIBLE.**

Introducing Natural Celadrin® Joint Cream. With the hottest clinically proven joint care ingredient available today.

Don’t let its light peppermint scent fool you, this breakthrough joint cream formula contains 7.5% natural celadrin, the amount shown in studies to deliver the most benefits. It’s non-greasy, 100% paraben-free.

So put those bike rides back on your ‘To Do’ list. Get Natural Celadrin Joint Cream... and add a little flexibility to your day.

Available at health, natural food and vitamin specialty stores.

**Celadrin Joint Cream**

Available at health, natural food and vitamin specialty stores.

---


Celadrin is a registered trademark of ImageneE Inc © Home Health 2006