

Three Herbs To Grow In Your Garden For Your Pet

Calendula Officinalis (Pot Marigold)



Growing: Sow seeds outdoors in spring (sunny location)

Parts Used: Flowers (collect summer through fall)

Medicinal Properties: Antiseptic, anti-inflammatory, astringent

Indications: Topically on inflamed or dry skin, hot spots, ear & eye infections

Calendula Oil

Place 2 oz dried calendula flowers in a pot and cover with 8 oz olive oil. Heat mixture using the double boiler method, and simmer for 1 hour. Strain infused oil through cheesecloth or coffee filter. Store in an amber or dark bottle. For ear infections, place a few drops daily in each ear. For skin problems make a salve (see below).

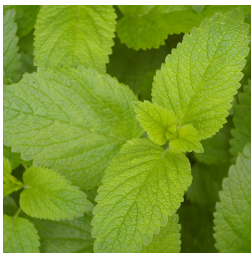
Calendula Salve

Place 4 oz of calendula oil (see recipe above) and ½ oz beeswax in a pot and warm using the double boiler method. Stir well and add (optional) 10 drops of essential lavender oil and/or vitamin E oil. Pour mixture in a glass jar. Salve lasts 1-3 years.

Calendula Eye Wash

Pour a cup of boiling water onto 1-2 tsp of calendula flowers. Infuse for 10-15 minutes then strain through a metal sieve, keep the liquid and cool to room temperature before use. Refrigerate. Soak cotton balls in the liquid and apply to the eye, allowing the liquid to soak into the eye. Repeat up to six times daily in the initial treatment (first 10 days), then as needed.

Lemon Balm (Melissa Officinalis)



Growing: Sow seeds outdoors in spring (sun/partial shade)

Parts Used: Leaves. Collect in late summer and dry quickly at >95 °F

Medicinal Properties: Sedative, carminative

Indications: Anxiety, cognitive dysfunction, ringworm, flatulence, hyperthyroidism (cats), herpes

Lemon Balm Tea

Pour a cup of boiling water onto 1-3 tsp of dried or fresh leaves. Infuse for 10-15 minutes, strain through a metal sieve, keeping the liquid and cool to room temperature before use. Refrigerate. For ringworm lesions or herpes conjunctivitis, soak cotton balls in the liquid and apply topically to the skin or eyes 2-3 times a day. Internally, administer ¼ to ½ cup per 20 lbs body weight, divided into 3 doses daily. Can be mixed in moist food.

Lemon Balm Glycerite

Fill a clean jar with clean, chopped fresh leaves or half-full of ground dried plant material. For fresh leaves, add enough glycerin to fully cover plant material and fill jar to within one inch of the top. For dried plants, dilute glycerin with distilled water in a 3:1 ratio (3 parts glycerin to one part water) and fill jar with mixture to within one inch of the top.

Use a knife or chopstick to poke into plant material and release air bubbles while adding glycerin or glycerin/water mixture. Close jar, and set it in dark location at room temperature. Shake bottle every day or two. Top off with glycerin as necessary if plant material pokes above the top of the liquid. After 4-6 weeks, strain infused glycerite through cheesecloth. With clean hands, gather corners of cheesecloth together and squeeze herb material to express every last drop of glycerite. Internally, give 1 ml per 10 lbs of body weight 3-4 times daily. Contraindications: hypothyroidism

Parsley (Petroselinum crispum)



Growing: Sow seeds outdoors in early spring (sun/partial shade)

Parts Used: Leaves/stems, root, fruit

Medicinal Properties: Antispasmodic, diuretic, antimicrobial, carminative

Indications: Flatulence, cystitis, urinary incontinence (females), urinary stones, diabetes.

Contraindicated in kidney disease! Possible drug interactions! Please ask your veterinarian if your pet is already taking other drugs or herbs!

Fresh or Dried Parsley Leaves

1 tsp fresh leaves (minced) per 10 lbs body weight with each meal and up to 1 tsp of dried herb per 20 lbs of body weight per day

Parsley Tea

Pour a cup of boiling water onto 1-3 tsp of dried or fresh leaves. Infuse for 10-15 minutes, strain through a metal sieve, keeping the liquid and cool to room temperature before use. Refrigerate. Internally, administer ¼ to ½ cup per 20 lbs body weight, divided into 3 doses daily. May be mixed in food.

