

# Pesky Weeds or Nature's Healers?

What do you see in these pictures? Common weeds and flowers? Lawn pests? You might be surprised to learn that these are just a few of the everyday plants that have been used throughout history in skin conditioning preparations for their remarkable restorative, soothing properties.



**Pot Marigold  
(Calendula)**



**Chickweed**



**Plantain  
(Plantago Major)**

## **Calendula (also known as pot marigold)**

Calendula is one of the best natural moisturizers for dry skin. It has a long history of use as a wound-healing and skin-soothing botanical. Scientific studies have shown that the anti-inflammatory and antiseptic components found in calendula petals are beneficial in promoting fast healing and regeneration of dry, chapped, damaged skin. Because it contains high levels of carotenoids (vitamin A-like compounds) many people also believe calendula is useful in protecting skin from premature aging.

For more information about research studies done on calendula:  
<http://umm.edu/health/medical/altmed/herb/calendula>

## **Chickweed**

The history of chickweed's health benefits can be traced back to the sixteenth century when people used this herb to moisturize, cool, and calm hot dry itchy skin. Chickweed is used in lotions, salves, poultices, and bathwater to calm the itching or burning of dry chapped skin. Its soothing properties can help relieve inflammations and irritations associated with dermatitis, eczema, and psoriasis.

## **Plantain (Plantago Major)**

This humble weed is used in almost all parts of the world for the powerful skin-healing properties in its broad heavily-veined leaves. It is known as the band-aid plant for good reason. Plantain is rich in allantoin, a skin soothing anti-inflammatory substance well known to speed healing of minor wounds, stimulate the growth of new skin cells and soothe rashes, chapped lips/hands, and more. Plantain is widely used to relieve itching and swelling from insect stings and bites, poison ivy rash and allergic reactions.

For more information about plantain: [http://pub.epsilon.slu.se/5468/1/zubair\\_m\\_101022.pdf](http://pub.epsilon.slu.se/5468/1/zubair_m_101022.pdf)

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