

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

June 27, 2012

YELLOW OINTMENT -Jo Francks MH

Yellow ointment started out as a simple ointment made from calendula flowers. The flowers made it yellow and that is how it got its name. It was used on all kinds of wounds, rashes and skin troubles. It was remarkable as it was healing and soothing as well as helping with pain and itching. Later comfrey leaves were added to the ointment turning it more of a green color than yellow but it kept its name. Marshmallow root was added to the formulation and this seemed to be the finishing touch. With the addition of comfrey and marshmallow to the calendula, there seems to be no skin irritation that Yellow Ointment can't help. It is a great addition to first aid kits, bathroom cabinets, emergency kits, and on the kitchen counter for easy use. So far there



hasn't been a time when it's been used on a cut or abrasion that it hasn't prevented infection, relieved the pain and accelerated the healing. It has been used to relieve breakouts of hives and skin rashes. It is a little yellow ointment that we wouldn't want to be without and this is how it is made.

Take equal parts of ground calendula flowers, comfrey leaves and marshmallow root. Put the combined herb mixture into a glass jar and fill 2/3 full. Fill the jar the

rest of the way with olive oil. Cap tightly and set the jar in a warm place for 2 weeks. Strain the oil and herbs through a muslin cloth and reserve the oil. Add one ounce of beeswax per seven ounces of oil. Heat the mixture until the beeswax is melted, pour into ointment jars and you have a very nice ointment you can use.