



Emma Cole

Graduating 2025

University: Torrens University Australia

Degree: Bachelor of Health Science (Naturopathy)

Emma, has been registered with CUCSS since the beginning of 2023. She is like the enigmatic fairy of our students – quiet, caring, gentle, and extremely studious, disappearing into her studies for the entire day without coming up for air sometimes. We have always admired her ability to focus and to remain so outwardly calm despite the stresses that come with being a university student. It was really nice to have a cuppa with her and find out a little bit more about her journey.

What was early life like for you?

I grew up in Sydney, in the Sutherland Shire for the most part and then my mum is Swedish so when I was a teenager I moved to Sweden and did my last years of school over there. I'm really grateful that my parents decided to do that. I wasn't so stoked at the time because I was 15 and wasn't keen on leaving my friends. However the school I was attending was like any public school and they were offering me a chance to go to the best school in Stockholm. Sweden provides free education so I was very fortunate to have had that opportunity.

How did schooling internationally lead to pursuing university in Australia?

After I finished high school I wasn't sure about what was next for me. I had to really push myself to get through year 12 and needed a break. The idea of going to uni was always discussed and encouraged in Sweden as they have a high tertiary education participation rate. So although I knew I wanted to go, I am the first in my family to attend university but had no insight as to what to expect or if I would succeed. My family were very supportive of whatever I decided to do and often spoke of university as an option. I knew I always wanted to work in health, then after school I travelled and worked on organic farms in different countries. I really found a strong connection with the land. I loved nature and really started to understand how central it is to our well-being and survival so naturopathy was the obvious choice for me. I originally was going to study abroad but discovered that Australia is one of the leading countries in the field so returned to Sydney. I moved to Ulladulla after my first year because I met a bunch of like-minded people who I resonated with and wanted to spend my time around, and then things just naturally fell into a place and it was meant to be.

What has been a highlight or something great that you had not anticipated in your degree?

I hadn't anticipated that I had such a strong love of learning! Never through high school did I feel connected to the content like this or feel I had what it takes to do it. It's really quite an amazing feeling, that switch from struggling to learn to wanting to learn and loving it.

What has been the biggest challenge?

Definitely the stress. Deadlines, assignments, it can all get on top of you, and the stress can have such a big impact on you both physically and mentally. It has also been good in a way to go through it though as I have learned a lot about myself in the process. My limits, how to care for myself through it, and how stress impacts the body's health in general will be a big part of being a naturopath. It has caused a lot of unnecessary issues in my life, I never realised how much stress can affect me personally, so it has been a good lesson in itself.

What has been the most rewarding achievement for you so far?

Well, I just found out that my submission was selected for the NHAA (Naturopaths & Herbalists Association of Australia) Herbal Research Poster competition. I did a monograph on Marigold (Calendula). I am pretty shocked but excited. I think they loved that I made a video on how to make an oil infusion and included it via QR code on the poster. It is now entered in the national competition which will be held at the 2024 NHAA Herbal Medicine Summit in May. So that was a pretty exciting achievement for me and will be an amazing conference to attend. As a student finding money to go to these industry events can be difficult, so I am thrilled to now be on the guest list.

(Please see page 3 for her entry to the NHAA Poster Competition)

In what ways has CUC Southern Shoalhaven facilitated better outcomes for you?

I am in the Centre probably around 4 days a week. It really is amazing having a place like this to come to. It's really difficult to find motivation, especially when you are stressed. Coming to the Centre helps with this. Also, when you study from a distance and feel alone, having that connection and to be around people that understand what you are going through is such an important part of making it through and achieving what you need to. Additionally, the support the Centre provides has been great, and having another place to go to so that your home and study life can be separate is a healthy balance that you need as a student. I feel really grateful for the CUC.

What advice would you give to other people considering studying higher education?

I think the biggest thing for me that was really significant would be to find your true core passion. As corny as it sounds to go out and find yourself, it's true. The motivation you need to learn and get through a degree comes from your core of wanting the knowledge. You can't set your sights on money or any external benefit to get you through a degree; it has to come from passion or the motivation will fade very quickly. So, my advice to anyone that has just left school would be to travel or work, do whatever it is you need to do to find out what it is that matters to you most.



“Herb of the Sun” - Edward Culpeper (1)

- Botanical name** *Calendula officinalis*
Common names Calendula, marigold, gold-bloom, marybud (2,3)
Plant family Asteraceae, formally Compositae (4)
Part used Flowers harvested in bloom and used fresh or dried (5)
Energetics Bitter, sweet, salty, pungent, with softening and astringing properties; Hot in the second degree; Accentuated as an herb of the sun under Leo (1,6).

Traditional & historical use

A well-known and widely used herb, especially for wounds and skin-related conditions, as “You need not fear to use it in wounds, and I would not be without it for a hundred times its cost” (7). Traditionally it was externally applied to treat gangrene, chronic ulcers, post-surgery wounds, gonorrhoea, vaginitis, varicose veins, open wounds and skin injuries, as well as being known to be useful for children’s ailments, in sprains, insect bites, to soothe the eyes, and for the “chafing and excoriations of infants” (2,3,7,8).

Current research

Calendula ointment administered every 8 hours for 10 days in women who received an episiotomy following spontaneous labour, found significantly lowered pain levels and improved reduction in erythema and oedema, compared to standard care, in a single-centre parallel group randomized trial (11).

A randomized-comparative, double-blind trial applying an ointment with 1.5% of total extract obtained from *C. officinalis* flowers on children with diaper dermatitis T.D.S for 10 days, found a significant improvement in symptoms, with no reported adverse reactions (12).

A randomized trial treating acute hand/finger wounds characterised by skin loss/wounds smaller than 10 cm², displayed shorter healing time and faster epithelization in the application of a 2% standardised *C. officinalis* extract compared to a mineral oil, B.D for a minimum of 7 days (13).

150 women aged 18-45 with vaginal *Candidiasis* were randomly assigned either 5g of *C. officinalis* cream or Clotrimazole administered via applicator for 7 nights before going to bed in a triple-blind randomised clinical trial (14). The results showed the *C. officinalis* group had more prevalent positive *Candidiasis* at the 10-15 days post-intervention, however had significantly less prevalent *Candidiasis* following the 30-35 days follow-up, compared to the Clotrimazole group; indicating efficacy, if however more delayed than the pharmaceutical option (14).

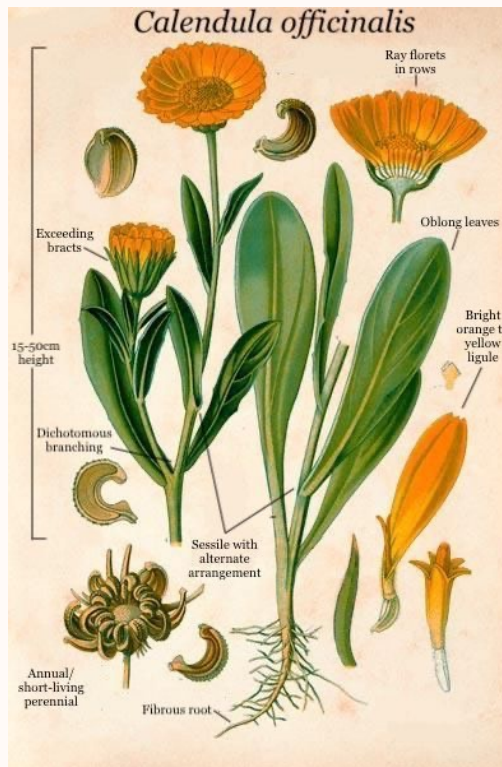


Figure 1. An adapted image displaying *Calendula officinalis* plant identification (5,17)

Active constituents

Polysaccharides - mucilage
 Fatty acids - calendic acid
 Flavonoids - patulitrin, patuletin
 Terpenes - faradiol monoesters, palmitate
 Triterpenoid saponins - oleanic acid, ursolic acid, calendasaponins
 Tetraterpenes/Carotenoids - auroxanthin, lutein, lycopene, Beta-carotene, flavoxanthin (4,9,10)

Actions

Demulcent, vulnerary, anti-inflammatory, antioxidant, antiviral, antifungal, antibacterial, procollagen, capillary perfusion increasing (4,9,10)

Therapeutic indications

Integumentary system - Acute and chronic wounds, acne, ulcers, furuncle, bruises, burns, chilblains, herpes labialis, nipple fissures, dermatitis, pruritis, and sunburn
Cardiovascular system - Haemorrhoids, varicose veins, ulcers
Reproductive system Vaginal candidiasis, vaginitis
Nervous system
 Conjunctivitis, eye and ear injury
Specifically - Acute or chronic inflammatory skin lesions, and sebaceous cysts (2–5,7)

Dosage & preparation

Tincture (1:5 in 90% alcohol*) or **liquid extract** (1:2 in 40% alcohol)

Can be used to make an ointment, cream, gel, suppository, and pessary

Calendula infusion (1:10) – can be made for douches and washes

Calendula oil - can be made by steeping flowers in oil for 4-6 weeks (See QR code)

* 90% ethanolic extract is require for the oleoresins extraction for antifungal effects. (2,4,7,9,16,17)

Scan to see
How to make a
Calendula officinalis oil
infusion



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