
SACRED HERBS



Rosemary - *Rosmarinus officinalis*

I love herbs for their ability to enhance any dish and to support optimal health. Rosemary is no exception. Rosemary benefits range from boosting hair health to even having some anti-cancer properties.

Rosemary: Dew of the Sea

Rosemary (*Rosmarinus officinalis*) is Latin for “dew of the sea.” It’s often found growing naturally along sea cliffs. Today, rosemary is grown in many climates and is a very hardy herb. Rosemary leaf is an aromatic herb in the mint family that grows on an evergreen bush. It is most often used in cooking but has a

Anti-

Inflammatory

Its health benefits are most often attributed to its high level of antioxidants and anti-inflammatory properties.

wonderful woody scent that is great in air fresheners and aromatherapy mixes.

Rosemary Benefits

Rosemary is an amazing herb with many (some surprising!) benefits. Its health benefits are most often attributed to its high level of antioxidants and anti-inflammatory properties. These antioxidants include carnosic acid, ursolic acid, carnosol, rosmarinic acid and caffeic acid.



Improves Cognitive Function

Rosemary is a very aromatic herb, and as it turns out, its scent

“In a study published in the journal *Phytomedicine*, rosemary extract inhibited the proliferation of ovarian cancer cells.”

can help boost cognitive function.

In one controlled study, rosemary and lavender essential oils were studied for their aromatherapy uses. Participants that performed cognitive assessment tests while inhaling rosemary essential oils were significantly more alert than the control or lavender groups. The rosemary and lavender groups were significantly more content than the control group.

Rosemary can also be used to inhibit the

cognitive decline of some patients. Rosemary has been used traditionally to reduce cognitive decline in aging and at least one study confirms this connection. What it found was that culinary doses of rosemary significantly helped reduce cognitive decline. Interestingly, a high dose of rosemary had the opposite effect, showing that more is not always better.

Helps Reduce Stress

Stress is such a health hazard that even if you have everything else under control (diet, exercise, etc.) stress can derail your wellness goals. That's why stress management is so important. A 2007 study found that inhaling lavender and rosemary essential oils decreased cortisol levels in the saliva. It also increased free radical scavenging activity.



Improves Hair and Skin Health

One of rosemary's oldest uses is for healthy hair and skin. An article published in Evidence-Based Complementary Alternative Medicine explains that rosemary essential oils can help relieve skin issues such as:

- acne
- bacterial infections
- sebum imbalance
- cellulite
- congested and oily conditions
- dandruff
- dermatitis
- dry scalp

- eczema
- rosacea

Another study found that rosemary essential oil was as helpful in regrowing hair as a conventional treatment (minoxidil).

Reduces (Menstrual) Pain

Rosemary is helpful in reducing the pain of dysmenorrhea (painful menstruation). Research shows it's also likely safe to use alongside pharmaceutical pain medications.

Improves Mental Energy

Inhalation of rosemary essential oils can benefit the brain. This study found that rosemary aromatherapy can stimulate the brain and affect brain wave activities, autonomic nervous system responses, and mood.



Supports Gastric Health

Rosemary has been used for centuries for stomach and gastric issues though there are no studies that support this use. However, a 1999 review article concluded that rosemary supports liver health by increasing bile production and protecting the liver from damage. When the liver is functioning well, digestion works much more smoothly.

Uses of Rosemary at Home

Rosemary is a wonderfully fragrant herb that has many uses around the home, and not just in food recipes. Here are some ways I use it:

- Homemade Italian Seasoning mix
- Herbal Mouthwash
- Hair Growth Serum
- Herbal Hair Rinse
- Solar-Infused Herbal Oils
- Healing Salve
- Four Thieves Vinegar



Fresh or Dried Herb Uses:

- Dried or fresh rosemary can be used in cooking. Rosemary is great with meat dishes (especially lamb). Add black pepper and other Italian herbs for a Mediterranean flavor.
- Rosemary can be infused into an oil (like olive oil) and used externally for skin irritations like eczema and other irritations listed above.
- A strong infusion of rosemary and nettle leaf is an excellent herbal rinse for hair. It can help get rid of dandruff and speed hair growth when used after each washing.
- Rosemary-infused oil is an intensive treatment for bad dandruff of hair loss and can be rubbed on hair, left for at least an hour and washed out. This really improves scalp condition!
- My favorite natural air-freshener is to put a small handful of rosemary sprigs, 1 sliced lemon or orange, and a splash of vanilla into a sauce pot and simmer on low all day (watch the water levels). It smells amazing and freshens the house for days.

Essential Oil Uses:

- Rosemary oil can be used externally on the skin or hair (always dilute with a carrier oil first).
- Rosemary is also helpful in warding off smaller pests like mosquitos and is an ingredient in my homemade Bug-Off Bars.
- Used externally, rosemary oil can help soothe the stomach and relieve pain from indigestion, menstrual cramps or other difficulties.
- Rosemary antioxidant extract is a very effective natural preservative that can extend the shelf life of homemade lotions, cosmetics or other homemade body products.

