

Rosemary

Botanical name: *Rosmarinus officinalis*/*Salvia rosmarinus*

Energetics/Actions: Sweet, dry, warm, carminative, circulatory stimulant, antimicrobial, nervine

Description

Native to South America and the Mediterranean, Rosemary is used as medicine and as seasoning for food. *Rosmarinus* means “dew of the sea” and it often grows near the ocean. Highly antioxidant, antimicrobial and anti-inflammatory, Rosemary is particularly beneficial for brain health. Rosemary has a lovely fragrance and is often used in soaps, perfumes and aromatherapy. Rosemary is also a good source of iron, calcium and B6. Rosemary, lemon and salt make a heavenly baked chicken.



Uses

Memory and concentration: Long used by students, the scent of Rosemary has been shown to improve concentration and memory. It increases blood circulation and is mildly stimulating to brain function. Rosemary is traditionally known as the herb of remembrance.

Brain health: Carnosic acid, a constituent of Rosemary, is antioxidant for brain cells. It has also been shown to protect the brain from the effects of aging.

Digestion: Helpful for cramping, bloating and gas.

Hair: Popular mixed with vinegar as a rinse for vibrant hair. The essential oil is also used with a carrier oil for scalp massage to promote hair growth.

Dose

Culinary: Use sprigs as desired to flavor meats.

Tea: 1 teaspoon in 1 cup of boiling water. Steep for 10-15 minutes.

Extract: 500 mg 2 times a day (studies lasted 1 month).

Essential oil: Use 4 drops in a diffuser.

Safety Information

Safe for everyone as a culinary herb but not for use medicinally in pregnancy. If you are diabetic or taking medications, talk to your health care provider before using medicinal doses of Rosemary. Can cause skin irritation in rare cases.