

Rosemary

Salvia rosmarinus

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Rosemary is a perennial plant that can usually live more than two to three years. The leaves are what is used for cooking and flavoring.



Rosemary is a part of the mint family and reminds us of the lavender plant only by looks. Its smell is starkly different.

Whole herb in dried form maybe used. Powdered form as well as fresh Rosemary maybe used. Alcohol tinctures and liquid infusions and extracts are very effective. Essential oils add a very powerful use.

Rosemary is traditionally used for improving memory, relieving muscle pain, stimulating hair growth, and supporting the circulatory and nervous systems. It also has antioxidant and antimicrobial properties, and may help with digestion and reducing anxiety, although scientific evidence for many uses is limited.



The herb has been hailed since ancient times for its medicinal properties. Traditional uses of rosemary include helping alleviate muscle pain, improving memory, boosting the immune and circulatory system, and promoting hair growth.

Boosts Mood
 Aids Mental Health
 Memory
 Concentration
 Neurological Protection
 Skin
 Alzheimer' s
 Cancer
 Pain
 Brain
 Neurological Function
 Cognitive Function
 Stimulates Hair Growth
 Blood Flow
 Immune System
 Prevents Liver Damage
 Inflammation
 Anxiety Stress
 HBP
 Cholesterol
 Blood Sugar Prevention
 Macular Degeneration
 Nutrient Dense
 Digestion
 Immune System
 Pain
 Circulation
 Liver
 Bad Breath
 Eye Health
 Respiratory
 Weight Loss
 Reduces Allergy Symptoms
 Bath Soak
 Withdrawal Symptoms
 Parkinson's Disease



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Main Health benefits include improved concentration, digestion, and brain aging. Therapeutic effects are well studied and its active constituents on the nervous system disorders. Biggest results lying with anti-spasm, analgesic, anti-inflammatory, anti-anxiety and memory-boosting.



The Anti' s:

Antioxidant
 Anti-Inflammatory
 Antidepressant
 Antiseptic
 Antipyretic
 Antibacterial
 Antifungal
 Anti-aging
 Antimicrobial
 Antiviral
 Antispasmodic



To enjoy the full benefits of rosemary safely, here are some practical tips:

- Use fresh rosemary when possible – It has more flavor and antioxidants compared to dried.
- Avoid boiling the leaves for too long – Overheating may destroy some active compounds.
- Add it at the end of cooking to retain its flavor and nutrients.
- Pair with lemon, garlic, or olive oil for enhanced taste and absorption of fat-soluble vitamins.
- Rotate herbs – Don' t rely on rosemary alone; include other herbs in your diet.
- If using the essential oil, never ingest it without medical supervision.
- Start with small amounts to check for any allergic reactions.

Caution

Very high doses may cause vomiting.

Otherwise considered GRAS.

Always use any herb with caution when using pharmaceuticals for drug interactions.