



Sage

Salvia officinalis



JW Farms 7



Sage is a woody perennial herb that is very very powerful to the human being. It is related to rosemary and considered sister herbs. Many of Sage's health benefits come from rosmarinic acid, the organic compound found in rosemary.



Sage's traditional medicinal use in the medical world is very well documented going back thousands of years. It has been known to be very effective in snakebites, 'protecting' against evil, boosting female fertility, and many other uses. However modern research has discovered the valuable impact of sage on the human body. It is widely imported around the whole world today.

It is used in many culinary dishes due to its peppery flavor and is a key ingredient in dressing and meat-based dishes.

It's medicinal impact is far more reaching than it's culinary so its not an herb to dismiss easily.

Sage is an evergreen shrub with woody stems and blue/purple flowers. It is native to the mediterranean region. Some of the most valuable benefits of Sage is its potential ability to improve brain function, boosting the immune system, antiinflammatory effects, prevents chronic diseases and slows the onset of cognitive disorders.



Sage is very nutrient dense and is very high in Carotene, Vitamins A, and K, Lutein, Fiber, Calcium and Potassium. It is significant in many others like Iron, Protein and Vitamin E. Incorporating this gem in anyone's diet would be wise. It is known to boost Cognition which is helpful with Alzheimer's disease.

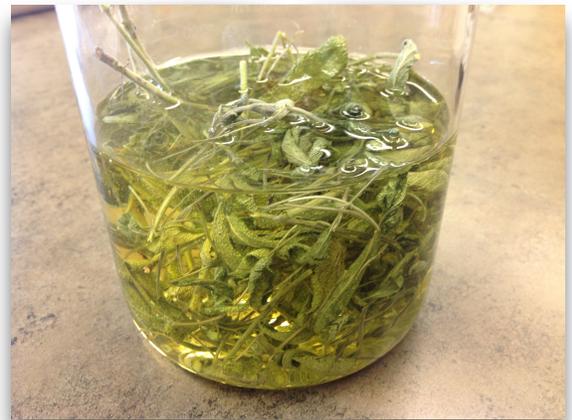
Cognition
 Memory
 Focus
 Concentration
 Inflammation
 Alzheimer
 Strengthens Immunity
 Oral Health
 Bone Health
 Menopausal Aid
 Bone Density
 Hot Flashes
 Night Sweats
 Digestion
 Blood Sugar
 Skin
 Diabetes
 Eczema
 Psoriasis
 Acne
 Blemishes
 Soothes Skin
 Soothes Inflamed areas
 Gastric Spasms
 Diarrhea
 Cholesterol (QUICK)
 Pain
 Oxidative Stress
 Bacterial Infections
 Viral Infection
 Depression
 Lupus
 Heart
 Cancer
 Liver



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Sage shows to increase Memory, Concentration and Focus.

It's great for Inflammation, which shows great promise for gout and arthritis.



Caution

Possible mild Allergic reactions. Don't over use. May interact with Pharma. Seek MD advice.

Sage Tea is an easy infusion of the leaves of common Sage that is in the mint family. It can be dried or fresh, made into powder, spices, teas and tinctures.

Many Studies are emerging to support the vast importance of Sage:

When sage tea was given instead of water, antioxidant levels in the liver increased, as reported in the study published in the [Journal of Ethnopharmacology](#) in 2005.

In addition, [another study](#) found that sage prevented depletion of glutathione, an important liver antioxidant, by 62% in the studied animals.

