

QUICK REFERENCE SHEET

ROSEMARY

Rosmarinus officinalis



Part Utilized:
Fruit



PROPERTIES:

Tonic, Stimulant, Astringent, Nervine,
Antioxidant, Anti-inflammatory

SYSTEMS AFFECTED:

Cardiovascular, Circulatory, Integumentary
(hair)

POSSIBLE USES:

headaches, migraines, low blood pressure,
fainting, debility, depression, memory

INGREDIENT IN:

HD, NT

GENERAL INFORMATION:

Rosemary stimulates circulation of blood to the head, improving memory and concentration. It also eases headaches and migraines, and even encourages hair growth. Rosemary is said to raise low blood pressure and is a valuable remedy for fainting and weakness that is associated with low blood pressure, and weakness associated with poor circulation.