

QUICK REFERENCE SHEET

SAGE

Salvia officinalis



Part Utilized:
Leaf

PROPERTIES:

Astringent, Antiseptic, Mucolytic, Estrogenic, Tonic, Reduces Sweating, Antioxidant, Anti-inflammatory

SYSTEMS AFFECTED:

Digestive, Reproductive, Nerves, Respiratory

POSSIBLE USES:

canker sores, hot flashes, dizziness, sore throat, irregular menstruation



INGREDIENT IN:

EUST

GENERAL INFORMATION:

Sage has been used medicinally since medieval times. I came across a quote, purported to be from medieval times that, since I find Sage very useful, caught my eye. "Why should a man die while Sage grows in his garden?"

Sage is nearly 50% thujone, which is a substance that is strongly antiseptic, has estrogenic-like properties, and acts on the digestive system, as well. Thujone, in large quantities is toxic to nerve tissue but it would be nearly impossible to get this kind of dosage from herbal use and difficult even with the essential oil.

Clinical trials have shown that Sage relieves such menopausal symptoms as hot flashes and dizziness. Sage can also be used to reduce breast milk production. (Parsley works just as well and tastes better.) Laboratory studies suggest that Sage may be useful in preventing the onset of Alzheimer's disease and, at least, has a calming and restful effect on the nervous system. Several constituents of the plant are antioxidant, and Sage is anti-inflammatory.