

## QUICK REFERENCE SHEET

# SAGE

*Salvia officinalis*



Plant Family:  
Labiatae



Extraction Method:  
Steam Distilled



Part Utilized:  
Leaves, Flowers



**Region of  
Origin:**  
Croatia

### AFFINITY FOR:

nervous system, lymphatic system, mind, skin, tissue, pelvic chakras and all organs, throat chakra, stomach meridian

### THERAPEUTIC PROPERTIES:

antiseptic, antibacterial, antiviral, anticancerous, immune stimulant, antiseptic, antispasmodic, analgesic, diuretic, has estrogen-like properties

### AROMATIC CONSIDERATIONS:

The aroma of Sage clears and sharpens the mind.

### APPLICATION:

Sage essential oil should be diluted well before applying to the body or the feet.

### ! CAUTIONS:

Large doses or overuse of Sage should be avoided by anyone who suffers from any type of seizure disorder. Sage should be avoided during the early stages of pregnancy.

### INGREDIENT IN:

<sup>Le</sup>Balance, <sup>Le</sup>Connection, <sup>Le</sup>Delicate, <sup>Le</sup>Discernment, <sup>Le</sup>EndoRelief, <sup>Le</sup>Everlasting, <sup>Le</sup>Focus, <sup>Le</sup>Unity, <sup>Le</sup>Weightless

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Sage is a good oil for alleviating the effects of prolonged stress on the body and the mind. Sage cleanses the energy grid and strengthens its ability to protect us from negative influences. Sage has a positive influence on intuition, bringing clarity and vision to our souls if we will take the time to ponder and listen.

### PHYSICAL ASPECTS:

The impact on physical health from a strong nervous system and an active lymph system cannot be over emphasized. Sage's ability to strengthen the pelvic chakras, and organs within it, gives vigor and strength to the vital centers of the body. With nerves, lymph, and pelvic organs being strengthened, it is easy to see why Sage has long been considered the "master healer."

Sage is believed to contain constituents that stimulate the secretion of progesterone-testosterone and keep their activities balanced. Sage is useful for most glandular disorders, any complaint related to lymph congestion, and any disorders related to nerve deterioration or prolonged nervous stress. Sage also clears away cellular debris and strengthens cell wall integrity, making Sage useful for arthritis, dandruff, hair loss, skin conditions, gingivitis, sprains, and firming tissues.

### GENERAL INFORMATION:

The Lakota Indians considered Sage as the "master healer," as did the Romans. It has been a popular ingredient in nerve tonics throughout the ages.