

Sage, Organic: Hungary (*Salvia fruticosa miller*)

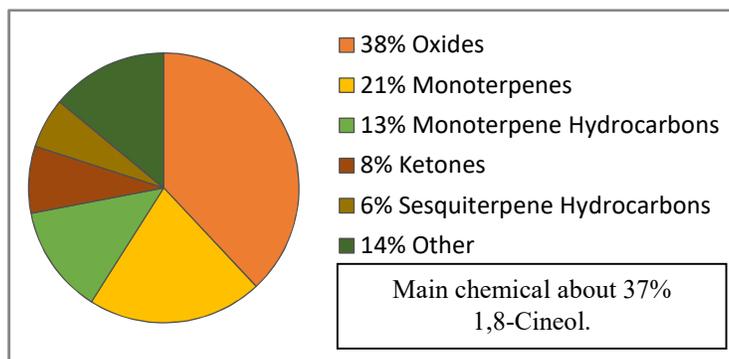
Sage is a perennial herb native to the eastern Mediterranean region and has been used therapeutically for thousands of years. The Mediterranean or Greek Sage is quite similar to White Sage that the Native Americans use in their spiritual ceremonies and traditional medicine. Historically Sage was considered a "cure all" from whitening the teeth, a spice for flavoring, spiritual usages, strengthening the mind, stopping body trembling, liver disease, anti plague remedy, assist female issues, pain, and so forth. There was a Latin saying of, "Why should a man die whilst there is Sage growing in the garden?"

With hundreds of different species of Sage, you will mostly find on the market the *Salvia fruticosa*, high in the chemical Cineol and the *Salvia officinalis*, high in the chemicals of Thujone and Camphor. Both varieties of sage should be used in moderation but the Greek Sage is considered more of an overall therapeutic essential oil. Careful distillation is needed to keep the Cineol content lower, around thirty seven percent, and therefore increasing the other therapeutic properties found in the oil.

Primary Usage: Strengthens the vital centers, assists digestion (balancing, metabolism, laxative), glandular disorders, balance hormones (improves estrogen and progesterone-testosterone balance, menstruation, menopausal symptoms), and activates the nervous (adrenal cortex), lymphatic, liver, urinary and pulmonary systems.

Secondary Usage: Assists with the respiratory system (mucus, colds, bronchitis, asthma, tuberculosis, coughs, sinusitis, flu, congestion, pneumonia), skin conditions (acne, psoriasis, eczema, edema, dandruff, hair loss, wounds, athlete's foot, ring worm, astringent) and is used as a disinfectant.

Has been reported: Assists cellulites, edema, gingivitis, night sweats, pain relief (sprains, joint issues, rheumatism, arthritis). Beneficial for use as a deodorant and insect repellent.



Descriptor: Hormonal Balancing, Tonic, Stomachic, Expectorant, Antiseptic, Analgesic, Diuretic, Insect Repellent

Application: Diffuse or apply topically.

Caution: Avoid taking internally or application larger amounts near infants and sensitive individuals. Can have a cooling effect on the respiratory system.

Found In: Thyroid Support

Influences: Relieves depression, mental fatigue, strain, and dispels negative energies. Considered a spiritual protective and cleansing oil.

Medicine Wheel: A Primary West and Secondary North.

Blends Well With: Bergamot, Grapefruit, Hyssop, Lavender, Lemon, Lime, Orange, Rosemary, Rosewood, Tangerine, Thyme

Recipes: For an immune system stimulant blend two drops each of Sage and Rosemary with one drop each of Black Pepper and Lemon. Mix with a carrier oil and massage into chest morning and evening.