



Salvia Officinales - Family: *Labiataea* (mint)

Properties:

Antibacterial, anticatarrhal, antifungal, anti-inflammatory, antioxidant, antimicrobial, antispasmodic, antiviral, astringent, antiseptic, carminative, digestive, diaphoretic, disinfectant, emmenagogue, expectorant, nervine, nutritive, stimulant

Personal and Body Care:

- body odor, reduces sweating
- hair loss, dandruff, graying
- strengthens hair roots and scalp
- oily skin and hair (facial steam, compress, toner, rinse)
- shrinks large pores of the skin
- blemishes, acne, any type of facial impurity
- any type of skin condition
- sunburn
- cleanse and disinfect the mouth, freshen breath (chew or rub leaf, gargle)
- one sage leaf can be an emergency toothbrush and mouth care
- insect and mice repellent

Medicinal Uses:

- prevent and treat any type of illness
- cough, cold, fever and flu
- sore throat, tonsillitis, laryngitis, any inflammation of the throat or mouth
- sinus and respiratory congestion and infections
- chest cold, lung congestion, bronchitis, croup, asthma, any condition with the lungs
- canker sores, mouth sores
- sore/inflamed/bleeding gums, gingivitis, gum infection
- indigestion
- helps lower cholesterol and regulate blood pressure
- balance blood sugars
- cleanse and supports the kidney, liver and bladder
- balance hormones



Annie's Place

- PMS and menopause
- relieves hot flashes (tea/compress)
- headache
- first aid herb for cleansing and preventing infection in cuts and wounds
- itching, rashes, other skin conditions
- stress relief, calms nerves
- sleep aid, insomnia
- clears thoughts and mind, good for memory
- high mineral content

Methods of Use:

- fresh leaves
- infusion - tea, drink or use as a gargle
- compress, poultice
- herbal bath, facial steam and foot soak
- herbal oil - salve - ointment - balm
- tincture - glycerite - vinegar - syrup
- powdered, add to deodorant or use as a sprinkle
- capsules or pills
- herbal honey
- pesto - culinary dishes - herbal sprinkle to flavor food - smoothies - drinks
- cut fresh blossoms for centerpiece to kill airborne bacteria and freshen the room and your mind
- essential oil

In the Garden:

- Sage is hard to start from seed so it is best to get purchase a start from the nursery or propagate from root cuttings.
- Loves full sun and well drained soil, more dry than wet.
- Give low to medium amounts of water.
- Companion plant with tomatoes, strawberry and carrots.
- Cut or pinch off leaves regularly to prevent it from getting too woody.
- After flowers die down, prune plant to half its size.
- Sage loses potency after three years so it's best to start a new plant with cuttings from the old.
- Mulch in the fall .

Cautions:

Avoid use when pregnant, nursing and if you suffer from seizure disorders. Sage will dry up a nursing mothers milk supply so be wary.



Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician, herbalist or other trained professional. Those who follow these suggestions do so at their own risk.