



ROSEMARY

(*rosmarinus officinalis*)

Common Uses

Rosemary is a key herb in European herbal medicine. For centuries, rosemary has been used to treat arthritis, baldness, headaches, stomach upset, pains, strains, cuts, scrapes, and bruises. Scientific Research backs up the usefulness of rosemary in the following ailments:

Alzheimer's disease- Rosemary may prevent the breakdown of acetylcholine, a chemical that allows neurons within the brain to communicate with each other.

Cancer- Rosemary contains compounds that prevent carcinogenic chemicals from binding to and inducing mutations in DNA.

Circulatory problems- The camphor content of finely chopped rosemary helps stimulate blood circulation the skin.

Eczema- The increase in circulation in the skin after application of rosemary may carry away inflammatory chemicals.

Irritable bowel syndrome- Rosemary relieves intestinal cramps and spasms by stimulating the release of bile that helps digest fat. It also relieves bloating and gas.

Menstrual cramps- The antioxidant compounds in rosemary prevents uterine spasms.

Yeast infection- Rosemary is fungicidal and diuretic. It stops growth of yeast and helps remove yeast cells from the lining of the urinary tract.

Precautions

Women who have heavy periods should avoid medicinal use of rosemary. Do not use during pregnancy. Small amounts of rosemary used in cooking, however, is safe for pregnant women.

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.

