

Rosemary, Organic, Hungary (*Rosmarinus officinalis*)

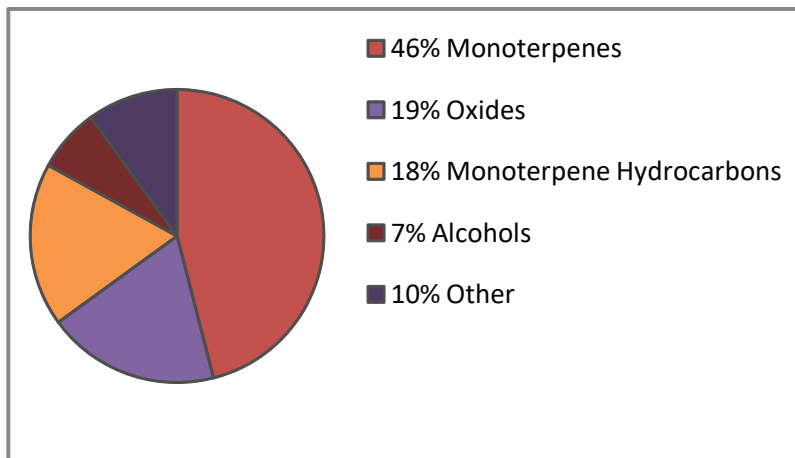
Historically the Egyptians Greeks, Hebrews, and Romans considered Rosemary as a sacred plant. It was used to protect against evil spirits, bad energies, and witchcraft. Rosemary was considered the herb for memory and love and is associated with all things dear to the heart. It was used at funerals to keep the memory of the departed alive and also used at weddings to create the timeless bond of love of the couple. Early folklore states that when the Virgin Mary placed her cloak over the Rosemary bush, it changed the color from white to red. Rosemary was also burnt in hospitals in France during epidemics.

Rosemary can have a wide range of chemotypes that are all very therapeutic. Depending on where and when the plant was harvested you may have a rosemary that is predominantly Oxides (Cineole), Monoterpenes (alpha-Pinene or Camphor), or Monoterpene Hydrocarbons (beta-Myrcene). So when using Rosemary on small children, be extra cautious if the chemotype is not known.

Primary Usages: Respiratory conditions (catarrh, bronchitis, sinusitis, asthma, coughs, decongestant, colds, flu), relieves pain (arthritis, gout, inflammation, rheumatism), aids the central nervous system (brain stimulate, mental fatigue, memory, headaches, nervous exhaustion, depression), and assists skin (infections, dermatitis, eczema, varicose veins, wounds, tones).

Secondary Usages: Assists the immune system, cardiovascular and endocrine systems (lowers blood pressure, blood cholesterol, poor circulation, palpitations), eases digestion (diarrhea, cellulite, colitis, cramps, dyspepsia, bloating, flatulence), works as a diuretic (water retention), stimulates liver metabolism (cirrhosis, enlarged liver), gallbladder action (bile), and assists with hair loss.

Has Been Reported: Aids diabetes, female issues (cycle, regulates ovary function, menstrual cramps), and male issues (testicular functions, supports prostate, sperm).



Descriptor: Decongestant, Expectorant, Antiseptic, Immune Stimulant, Analgesic, Anti-Inflammatory, Antispasmodic, Diuretic

Application: Apply topically or diffuse.

Caution: Avoid take any internally and application near infants. cause seizure or convuls amounts.

Main chemical about 25% Camphor.

Found In: Allergy Free, Deep Heat, First Aid, Flu Relief, Intention

Influences: Strengthens mental awareness and stimulates the mind. Uplifting and refreshing.

Medicine Wheel: A Primary Center and Secondary East and North. Opens the heart chakra promoting circulation of Qi energy and blood.

Blends Well With: Basil, Bergamot, Cedarwood, Citronella, Cypress, Elemi, Eucalyptus, Frankincense, Juniper Berry, Lavender, Marjoram, Peppermint, Petitgrain, Pine, Thyme