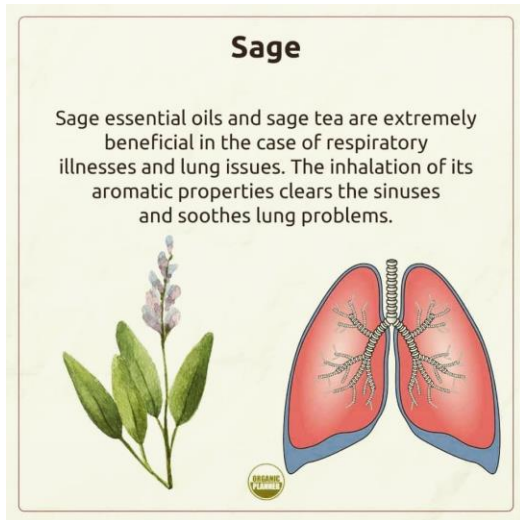


# Sage



I want to share with you the benefits of using Sage oil and sage leaf together. The components in sage essential oil which give protection against fungal infections also provide protection against microbial infections too. Therefore, you can protect small wounds or cuts from developing irritating or potentially dangerous infections. This oil is equally useful at countering bacterial infections since it kills bacteria and inhibits their growth in the body. This property can also be used to heal ailments like bacterial infections in the ears, nose, throat, eyes, genitals, urethra, colon, intestines as well as on the skin and in wounds. This is perhaps the most valuable aspect of this essential oil and the reason behind its extensive use in anti-aging and skin treatment products. Antioxidants, as the name suggests, act against oxidants or free radicals in the body, which are the main causes of aging.

These antioxidants slow down aging and prevent symptoms like wrinkles, sagging skin, and muscles, reduction in vision and hearing capabilities, malfunctioning of the brain, memory loss, degeneration of tissues, macular degeneration, and nervous disorders. Sage leaf is used for digestive problems, including loss of appetite, gas flatulence, stomach pain gastritis, diarrhea, bloating, and heartburn. It is also used for reducing overproduction of perspiration and saliva; and for depression, memory loss, and Alzheimer's disease. Since it has antimicrobial, antibacterial, and antifungal properties, it serves as an antiseptic for wounds, surgical incisions, postnatal injuries, ulcers, and sores. It reduces inflammation on the skin, inflammation due to fever, and prevents the entry of poisonous material into the bloodstream. Sage leaf tea is as a menopause regulator, specifically in the case of hot flashes. Studies have shown a definitive drop in hot flashes in menopausal women using this tea on a regular basis.

Additionally, it also reduces other menopausal symptoms, such as mood swings and overactive bladders. It also reduces the effects of excessive intoxicants and narcotics, ingestion of excessive salty or spicy food, , the influence of very hot winds etc. It helps inflammation in the stomach, intestines, and excretory tracts too. This property of sage essential oil is useful in treating all problems that arise from spasms, including pain in the stomach, chest, and intestines, as well as coughs, convulsions, and cramps. Both of these properties mean the same, which is a substance that promotes the discharge of bile. As a natural diuretic and stimulant for the liver and kidneys, sage leaf tea is able to speed the process by which toxins are eliminated from the body through urination.

This can lower the strain on the lymphatic system, as well as the kidneys and liver. This tea also induces sweating, which further helps to detoxify the body through the skin. This helps in digestion, soothing the stomach, and improving the functionality of the whole digestive system against inflammation caused by excessive acids. Sage leaf tea is considered a stimulant, but it can also have relaxing qualities on mood and nerves, while also improving focus and memory. It also neutralizes acids in the stomach and the bloodstream, thereby providing relief from acidity and acidosis, which in turn protects us from peptic ulcers due to acidity, as well as from boils, eruptions, and skin diseases that occur when acid levels rise in the blood. Feel free to contact me about this or any other health issues you may be going through.