

“He who has health has hope; and he who has hope has everything.”
– Thomas Carlyle

I love finding quotes that speak to me and this one certainly does. There are many reasons as to why, but I'll share one. Health is the key to everything. If you don't have your health, you have nothing. Think about how you think and how you feel when you're sick. You're in a completely negative mindset, which can be a dangerous place to be. That's why I'm so focused on ways to get and stay well naturally. When you're healthy, the world seems brighter. Always remember that there is never a problem that can't be defeated by hope.

Why I Love Rosemary



You probably have no idea that one of nature's most powerful substances is in your kitchen right now. Say hello to your new best friend, rosemary. It's a member of the mint family and its use dates back to the Ancient Greeks, Romans and Egyptians, who widely used this sacred herb to cleanse the air and keep sickness from spreading.

Rosemary is a very popular herb. Not only does it smell wonderful, which is enhanced when it's cooked or infused in oil, but it tastes delicious. But what many people don't know is that it's a powerhouse for your health, offering an impressive list of benefits. Rosemary is rich in phytochemicals, which are bioactive plant compounds that contain health-boosting properties. It's a good source of calcium, iron and Vitamin B6. While its benefits are far reaching, I'm just going to unpack just a few of them here.

- **It's an Anti-inflammatory:** A 2022 review studied the anti-inflammatory effect of rosemary in both ground and distilled forms. A daily dose of either rosemary powder or extract was provided to mice for 3 weeks to treat inflammatory issues such as swelling, acute liver injury and asthma. The results showed a decrease in inflammation across a number of biomarkers, both during and after the treatment period. It can be diffused, applied topically or ingested. Please make sure you use high-quality essential oils that can SAFELY be ingested. Not all can be. If applied topically, it shows similar potency to the nonsteroidal anti-inflammatory drug indomethacin, which has side effects such as heart attack or stroke. Do your research.
- **It's an Antioxidant:** Like many berries, pomegranates, beets, pecans, dark chocolate and garlic to name just a few, rosemary packs a strong antioxidant punch. Rosemarinic and carnosic acid are the compounds in rosemary that provide the most antioxidant (and anti-inflammatory) benefits to your body. Because of these properties, there is some thought that rosemary could help fight cancer.
- **It's a Natural Painkiller:** Products such as Tylenol can be toxic to your liver and others, such as Oxycodone, can carry dangerous risks of dependency. However painkillers (aka analgesics) that are herb-based, are nontoxic and non-habit-forming alternatives that can safely take away your pain. Studies have shown that rosemary contains 11 chemical compounds that could contribute to its ability to help ease your pain.
- **It Can Help with Anxiety:** I recently read that there are about 264 million people worldwide who suffer from anxiety. Most people don't know that Aromatherapy is a simple and effective way to relieve your stress. Rosemary is one of the best herbs out there to help improve your mood. Adding a few drops of rosemary essential oil to a diffuser can be a simple way help relieve your stress throughout the day. It can also help increase your mental alertness.

- **It Can Help with Depression:** A 2021 study found that healthy subjects between the ages of 20 and 50 who drank rosemary tea (5-grams) daily for 10 days showed a significant increase in blood plasma biomarkers for depression...and anxiety. Adding rosemary, as well as lavender and chamomile, to massage oil was also found to alleviate depression.
- **It Can Help with Detoxing Your Body:** Rosemary oil helps boost nutrient absorption and helps to reverse toxic overload. You can take it internally or apply a few drops to your abdomen to assist with detoxification, especially of the liver and gallbladder.

In closing, I'll add one more benefit of rosemary. You can make your own concoction of Rosemarinic acid that has antibiotic properties and will help improve your health . It's so simple. All you have to do is take dried organic rosemary and put it in an ultrasound machine with water to make a liquid you can drink. There's literally nothing better than being able to take control of your health naturally. Please reach out to me if you want more details.

Hopefully, you've learned that rosemary has many benefits to improve your health. As always, do your research or contact me to find out more. Have a wonderful month and Happy Thanksgiving!