



EDUCATION GUIDE

Rosemary ~ Multi-faceted Analgesic

Throughout history, Rosemary has been a valuable therapeutic herb. In Europe during the Middle Ages, it was used to clear vision, sharpen the senses and alleviate nervous ailments. In ancient Greece, Rosemary was highly valued for its memory-strengthening ability. During World War II, hospitals in France burned Rosemary to kill germs.

Benefits:

Analgesic

- Used to treat headaches, especially nervous headaches
- Shown to calm muscle spasms
- Helps to ease neuralgia, neuritis, tendinitis and muscle pain

Nerves and Stress

- Used to calm and soothe irritated nerves
- Can help reduce anxiety
- Has been shown to counteract depression

Hair Restoration

- Has been used in hair rinses to darken hair color and restore original color
- May be helpful in minimizing premature balding
- May prevent hair loss due to oil and/or acid affecting hair follicles

Blood Pressure

- Has been used as a heart strengthener
- May help reduce elevated blood pressure

Hormonal

- Used to help regulate menstrual cycles
- Has been helpful in treating uterine pain with excessive bleeding

Digestive

- Helps calm upset or “nervous” stomach
- Reduces tension focused in the stomach area

Additional uses

- Has been shown to have anti-malarial attributes
- Stimulates capillary circulation to assist in blood flow and cell regeneration
- Improves sluggish liver function
- Helps heal colds and sore throat

Tea

- Used as a mouthwash for treatment of sores in and around the mouth
- Mixed with Myrrh, helps heal **bleeding gums**
- Can be used as an eye wash to clear phlegm, pollen or allergic irritation
- Tonic to strengthen the nervous system

Used in a Pillow

- Helps alleviate insomnia
- May improve restless sleep

Parts of the plant used include for therapeutic purposes: Whole plant

Information sources:

“The Little Herb Encyclopedia, the Handbook of Natures Remedies for a Healthier Life” by Jack Ritchason N.D.

“Medical Herbalism – the Science and Practice of Herbal Medicine” by David Hoffmann, FNIMH, AHG

“Prescription for Herbal Healing” by Phyllis A. Balch

<http://www.livestrong.com/>



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