

As a "vulnerary" Sage will assist in healing wounds by protecting against infection and stimulating cell growth. Used topically, Sage's antiseptic properties will clean sores and old ulcers, treat cuts, wounds and bruises, and will help to stop bleeding and encourage healing. Sage is used externally for insect bites, throat, mouth, gum and skin infections and vaginal discharge (leukhorrea).

A Sage gargle is a well-known, old-fashioned antiseptic remedy for disorders affecting the mouth and throat, such as dental abscesses, infected gums, mouth ulcers, sore and bleeding gums, loose teeth, cold sores, sore throat, tonsillitis and throat infections. The medicinal uses of Sage abound. The antiseptic properties in Sage are useful in treating intestinal and respiratory infections, and the essential oil, heated in a vaporizer, will disinfect a sick room. The herb has also been effective in breaking fevers,

reducing cold symptoms, treating dysentery, and expelling worms and parasites.

Sage's cosmetic uses are numerous. It is used in baths as a relaxant and to soothe sore muscles, in shampoos to cleanse the scalp and stimulate hair growth, in soaps to cleanse and restore ageing skin, and in hair rinses to promote shine (especially in dark hair).

Contraindications:

Sage is not recommended for pregnant or nursing women, nor should it be taken by individuals with seizure disorders (those with epilepsy may be adversely affected by the thujone content). Sage may interfere with the absorption of iron or other minerals in the body. Those who are allergic to members of the mint family (thyme, basil, sage, marjoram, etc.), should avoid this herb.

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