

Salvia officinales
Family: *Lamiaceae* – mint
Parts Used: leaves

There are hundreds of salvia species and all of them are medicinal but the most commonly used is the salvia officinalis or the common garden sage. In the Latin salvia means "healthy and whole" and that describes this herb perfectly.

Properties

Antibacterial, anticatarrhal, antifungal, anti-inflammatory, antioxidant, antimicrobial, antispasmodic, antiviral, astringent, antiseptic, carminative, digestive, diaphoretic, disinfectant, emmenagogue, expectorant, nervine, nutritive, stimulant.

Energetics: warming, drying
Systems Affected: respiratory, digestive, nervous

Uses

- Prevent and treat any type of illness.
- Cough, cold, fever and flu.
- Sore throat, tonsillitis, laryngitis, any inflammation of the throat or mouth.
- Sinus and respiratory congestion and infections.
- Chest cold, lung congestion, bronchitis, croup, asthma, any condition with the lungs.
- Canker sores, mouth sores.
- Sore, inflamed, bleeding gums, gingivitis, gum infection.
- Indigestion
- Helps lower cholesterol and regulate blood pressure.
- Balance blood sugars.
- Cleanse and supports the kidney, liver, and bladder.
- Balance hormones, PMS, menopause.
- Relieves hot flashes (tea/compress).
- Headache
- First aid herb for cleansing and preventing infection in cuts and wounds.
- Itching, rashes, other skin conditions.
- Stress relief, calms nerves.
- Sleep aid, insomnia.
- Clears thoughts and mind, good for memory.
- High mineral content.
- Insect and mice repellant.
- Body odor; reduces sweating.
- Hair loss, dandruff, graying.

- Strengthens hair roots and scalp.
- Oily skin and hair (facial steam, compress, toner, rinse)
- Shrinks large pores of the skin.
- Blemishes, acne, any type of facial impurity.
- Any type of skin condition.
- Sunburn
- Cleanse and disinfect the mouth, freshen breath (chew or rub leaf, gargle).
- One sage leaf can be an emergency toothbrush and mouth care.

Herb Preparations

- Food; add to culinary dishes, use as a sprinkle
- Tea
- Compress, poultice
- Bath, facial steam, foot soak
- Herbal oil
- Salve, ointment, balm
- Extracts, liniment, vinegar
- Powder, capsules, sprinkles, body powder
- Honey, syrup
- Gargle, mouthwash
- Douche
- Cut fresh blossoms for a centerpiece to kill airborne bacteria and freshen the room
- Essential oil

Care/Harvesting

Sage is hard to start from seed, so it is best to purchase a start from the nursery or propagate from root cuttings.

- Loves full sun and well-drained soil, more dry than wet.
- Give low to medium amounts of water.
- Companion plant with tomatoes, strawberries, and carrots.
- Cut or pinch off leaves regularly to prevent it from getting too woody.
- After flowers die down, prune plant to half its size.
- Sage loses potency after three years so it's best to start a new plant with cuttings from the old.
- Mulch in the fall.

Safety

Avoid use when pregnant, nursing and if you suffer from seizure disorders. Sage will dry up a nursing mothers milk supply.