

Oil of Rosemary

memory power

Rosemary is listed among the most ancient of all medicinal herbs. For thousands of years it has been known particularly for its ability to improve the function of the mind. Ancient texts describe how extracts of rosemary stimulate the mind, enhance mood, boost studying powers and improve memory. In fact, it is most famous as a memory aid. Yet, it was also famous for combating disorders of the nerves as well as arthritis. Oil of rosemary is a concentrate of these capacities and we all need concentrated power.

Modern research documents how rosemary works. Researchers describe it as having unusually high antioxidant activity, far greater than mere vitamins. Other researchers note that oil of rosemary is a strong inhibitor of viruses. Dr. Navarro found that the oil is highly protective for the liver, especially when it is damaged by toxic chemicals. In fact, French doctors found that oil of rosemary actually doubled the output of bile, which is sorely needed for the digestion of fat. In the Middle East it is used currently for digestive problems, but not just for the liver: they use it for spastic colon, excess gas, heartburn and indigestion. Europeans use rosemary as a circulatory stimulant. Chevalier describes its value for improving circulation, especially to the brain. Virtually all illnesses are associated with poor circulation. Topically, it is a great stimulant to the scalp, improving blood flow. Rosemary has an ancient history for fighting pain. It is still used for this purpose in Europe. Tierra notes that rosemary is of "great benefit in treating headaches," because it contains natural anti-pain compounds. Refer to the following books for more information: *Supermarket Remedies*, by Dr. Cass Ingram and *A Way of Herbs*, by Michael Tierra.

HOW TO USE OIL OF ROSEMARY

Take a few drops (5-10 drops daily) of this edible oil of rosemary emulsified in extra virgin olive oil in juice or water as a tonic. Blends especially well in citrus juice. Rub anywhere on the body. Rosemary enhances the value of any herb or vitamin, because of its tremendous tonic and antioxidant effects.

Note: See your physician first. Product not designed to cure any medical conditions.