



SAGE

(*Salvia Officinalis*)

by
The Reformed Bohemian



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SAGE

(*Salvia Officinalis*)

Sage is a dry warming herb, it has many useful healing properties from being an effective antiseptic and analgesic, to being a great herb for women during the menopause.

About Sage

Sage is a dry warming herb, despite being an aromatic herb it has a pungent bitter taste. In years gone by you would find it growing in gardens as a way of warding off evil spirits, however it has many useful healing properties from being an effective antiseptic and analgesic making it a good go to for sore throats when used as a gargle and to clean cuts and scrapes.

It is also a great herb for women being especially useful during the menopause as a hormonal tonic helping to balance estrogen levels which often fall during this stage of life giving rise to symptoms such as night sweats, hot flashes and sleep disturbance, Sage has been shown to be effective in relieving these symptoms and is a popular choice for women looking for a more natural remedy to manage these symptoms. For these same reason menstruating women may also find Sage helpful as it can help to balance fluctuating hormones.



Benefits of using Sage

Sage is a warming herb that can be effective when used for a number of conditions.

Therapeutic action

Diaphoretic (sudorific), Aromatic, Stimulant, Tonic, Emmenagogue, Astringent, Vulnerary, Antiseptic, Digestive, Nervine (sedative), Brain Stimulant, Expectorant, Anti-spasmodic, Anthelmintic (vermifuge), Condiment and Anaphrodisiac.

Can be used for:

Fevers, Indigestion, Flatulence, Ulcers of the mouth and throat, Excessive mucus discharge, Excessive salivation, Nasal catarrh, Suppresses or dries up mammary secretions, Indurated sores, Dyspepsia, Quinsy, Kidney and Liver conditions, Nerve issues, Hysteria, Pneumonia, Relaxed throat, Laryngitis, Tonsillitis, Nasal sores, Gum strengthener, Expels worms, Stops bleeding of minor wounds, Cleanses sores and ulcers, Hormonal tonic and Menopause symptoms.

- **Sore throats/mouth infections** - Gargling with an infusion of Sage can help to relieve and soothe sore throats and ulcers due to its antiseptic and analgesic properties.
- **Menopause** – Sage is effective in easing symptoms of menopause such as hot flashes.



- **Muscles and Joint** – Sages anti-inflammatory properties make it effective in relieving muscle and joint pain and reducing swelling.
- **Intestinal parasites** - Sage is an effective expectorant that can help repel and expel intestinal parasites such as worms.



Preparations

Sage can be taken in a number of forms such as fluid extract, infusion, solid extract. Due to the presence of volatile oils never boil as this will cause the oils to be dispersed thereby reducing the medicinal value.

Dosages

The basic dosages are as follows:

- Tincture - 1/2-1 fluid teaspoon 3 times daily.
- Infusion 1 - tablespoonful to 2 fluid ounces as needed.
- Powdered flowers - 1/2-1 teaspoonful 3 times daily.
- Oil - 1-3 drops.
- Solid Extract - 100-500 mg

A hot infusion is made by steeping the herb in boiling water for between 15 – 20 minutes, many herbal teas are made in this way. A cold Infusion is made by soaking the herb in cold water or milk for between 6 – 8 hours. You can make a batch of both hot and cold infusions and store for several days in the fridge.

Poultices are made from ground or chopped herbs that are mixed with boiled water until they form a paste which can then be applied to muslin and then applied to the skin. Applied cold they draw out heat, infection and inflammation when applied hot they soothe pain and spasms.



Ways to Use

Orally

Sore Throats

- Sage leaves can be made into an infusion and once cooled can be used as gargle for sore throats, tonsillitis, mouth infections such as ulcers and bleeding gums. Sage can be used on it's own or in equal parts with apple cider vinegar

Make an infusion of Sage leaves and gargle 3 times per day for general infections but can be used as needed in the case of a severe infection.

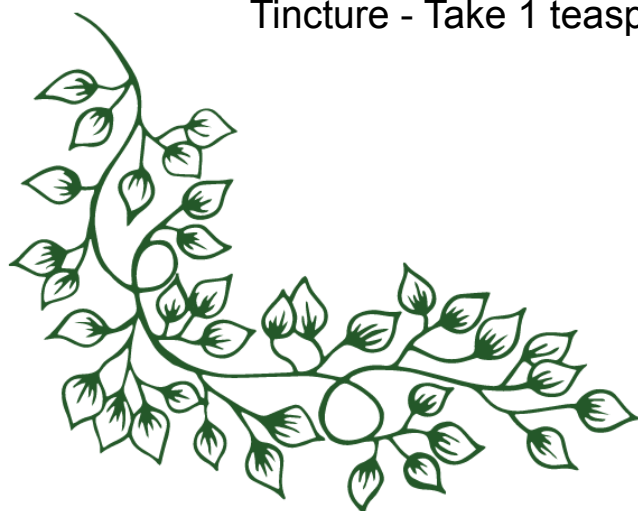
To make a Sage and Apple Cider Vinegar infusion mix in equal parts and gargle 3 times per day for general infections and as needed in the case of severe infections.

Intestinal Parasites

- Drinking a warm infusion of Sage tea can be effective in expelling intestinal parasites.

Tea - Drink 1 cup of cold Sage tea 3 times per day.

Tincture - Take 1 teaspoon 3 times per day.



To Calm Nerves

- A warm infusion of Sage tea is effective in calming nerves.

Tea - Drink 1 cup of warm Sage tea 3 times per day.

Tincture - Take 1 teaspoon 3 times per day.

Hot Flashes/Night Sweats

- Drinking a cold infusion of Sage tea can be effective in relieving hot flashes and night flashes.

Tea - Drink 1 cup of cold Sage tea 3 times per day.

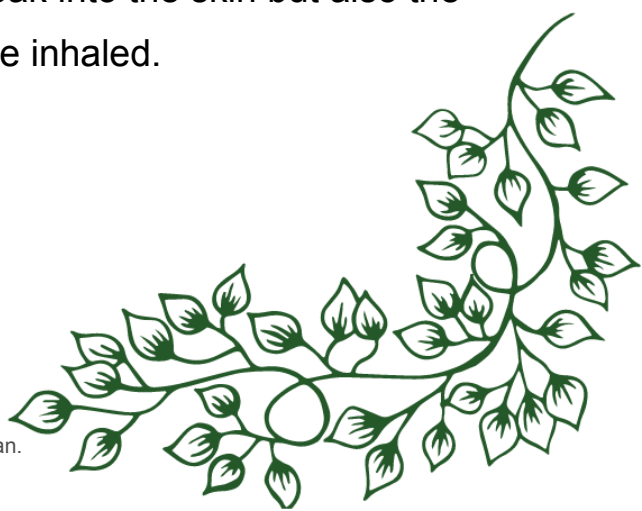
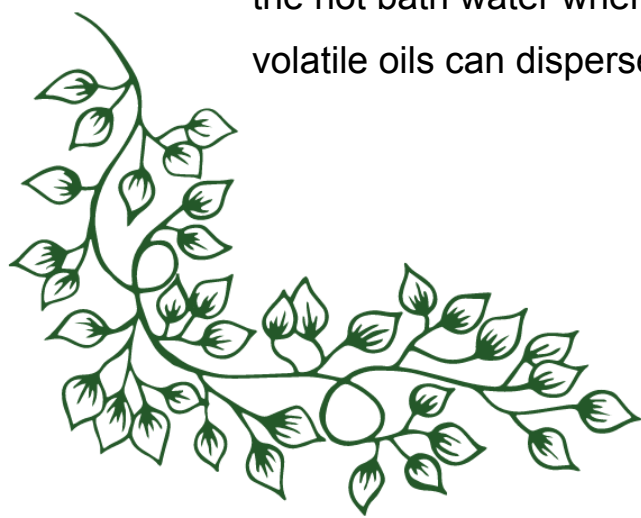
Tincture - Take 1 teaspoon 3 times per day.

Bath

Tired Aching Feet

- Used in foot bath Sage can relieve and soothe tired aching feet.

Sage can be added to a muslin bag and added to a bath to infuse with the hot bath water where it can not only soak into the skin but also the volatile oils can disperse into the air and be inhaled.



Respiratory Tract Infections

- Drinking a warm infusion of Sage can help to ease respiratory infections such as colds, flu and bronchitis and clear chest congestion

Tea - Drink 1 cup of cold Sage tea 3 times per day.

Tincture - Take 1 teaspoon 3 times per day.

Muscles and Joint Pain

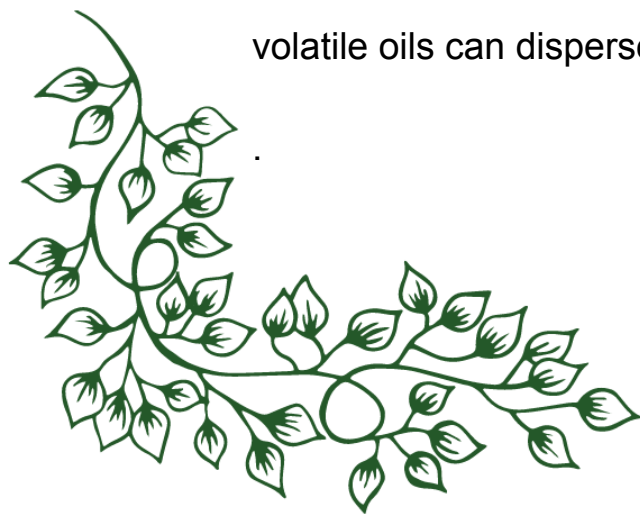
- Sages anti-inflammatory properties make it effective in relieving muscle and joint pain and reducing swelling.

Sage can be added to a muslin bag and added to a bath to infuse with the hot bath water where it can not only soak into the skin but also the volatile oils can disperse into the air and be inhaled.

Calm Nerves

- Sage can help to relax the body and mind, it's particularly good to use and night before bed.

Sage can be added to a muslin bag and added to a bath to infuse with the hot bath water where it can not only soak into the skin but also the volatile oils can disperse into the air and be inhaled.



Cystitis and Urinary Infections

- Sage helps to fight infections whilst soothing and calming pain and discomfort caused by urinary tract infections such as cystitis.

Sage can be added to a muslin bag and added to a bath to infuse with the hot bath water where it can not only soak into the skin but also the volatile oils can disperse into the air and be inhaled.

Washes/Antiseptic

Cuts and Sores

- Sage can be used to clean cuts and sores to prevent infection, soothe pain and speed up the healing process.

Using a cold infusion of Sage soak some cotton wool or clean cloth and gently clean the area wash the area 2 - 3 times per day until the wound has healed.



Inhalation

Respiratory conditions

- Inhaling a hot infusion of Sage can soothe and relieve respiratory conditions such as colds, flu and bronchitis as well as easing congestion and helping to loosen up catarrh and mucus.

Used as a steam inhalation by making a hot infusion of Sage in a bowl with a towel/cover over your head and bowl to trap the steam and release the volatile oils. Do this for 5 - 15 minutes.

Skin Care

- Sage can be used as an inhalation to clear congested skin, unblocking pores and clearing blackheads.

Used as a steam inhalation by making a hot infusion of Sage in a bowl with a towel/cover over your head and bowl to trap the steam and release the volatile oils. Do this for 5 – 15 minutes



Cautions

As with all herbs there is the slight possibility of allergic reactions. Sage should not be used for long periods of time at high doses as this could cause potential toxicity.

It is also recommended that Sage should not be used during pregnancy due to its uterine properties which could induce miscarriage.

Sage should not be used by people with epilepsy and high blood pressure.



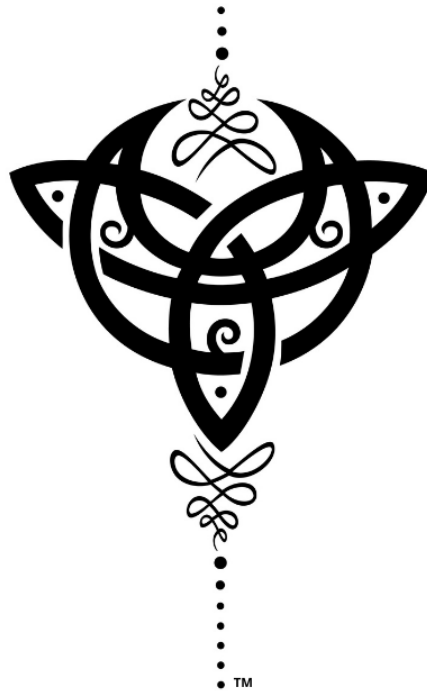
About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

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