



SAGE

Dorothy Hall, the well-known Australian herbalist, regarded sage as one of the 'Big three' important herbs; together with parsley and yarrow. These were the herbs called upon as herbal medicines for the times in life when renewed energy is needed, 'fight-back energy'. The name tells of some of its uses.

SAGE (*Salvia officinalis*)

This hardy little sub shrub is a perennial plant needing plenty of sun and good drainage. It prefers "limey", and "comfrey" soils. It is an undemanding plant which can be killed by overwatering and over-fertilising. There are many variegated sages, which do not possess medicinal values.

Sage's medicinal value lies in the leaves; these furry leaves used to be used as a tooth cleaner, for plaque removal or as a general mouth cleaner.

Sage is important to keep the blood vessels going to the brain in a healthy state. Dorothy regarded it as important for its brain damage protection potential. It enabled blood to flow to the brain and it aids or enables substances to be carried to the brain. Though, poorly understood, sage enables the brain to function when the body is very ill. Sage is important for the health of the blood/brain barrier. It is protective for the brain and it is especially good for the recovery pattern after brain damage.

Sage raises energy by getting better blood flow and blood quality to the brain itself -

nutrients into the brain. It raises the 5 sensory aspects to a better level of efficiency, through recovery of the sense of taste, sight, touch and smell.

Sage contains both oestrogen and testosterone and was generally not necessary for children except for leukemia and cancer.

Dorothy related a remarkable story of a young child with a severe meningeal infection, who had virtually become a vegetable with 1/3 of the left hemisphere showing as dead. Sage and comfrey herbal medicines were given. After 4 months (that is one blood cycle) the child was able to focus the eyes and tried to sit up. In 18 months, the child had an almost 94% renewal of brain cells acting again. This was a rare recovery.

However, after heavy physical activity sage is not recommended. It is something to eat when you feel like it, not on a regular basis.

Sage can assist those with very low blood pressure.

Uses: - As a hair rinse it is helpful.

Chopped sage leaves on toast are an old Scottish habit. It makes a pleasant morning tea accompaniment. I like it with green tea.

Sage can be used in a wide variety of both meat and vegetable dishes.

Notes prep. by Janet Fairlie-Cuninghame

