



Willow Moon Herbals



Rosemary

Latin binomial: *Rosmarinus officinalis* L.

Description: Rosemary is a resinous, aromatic woody shrub with narrow, spiny aromatic leaves and masses of pale blue, nearly violet flowers. It will flourish in full sun and well-drained soil, but should be brought indoors in climates that fall below freezing in the winter.

Uses: Sun-loving, strong-smelling rosemary is an invigorating plant: the herb's volatile oils and tannins stimulate blood, awaken the brain, promote appetite, and dispel sluggishness in both body and spirit. The lore of rosemary is as vast as the Mediterranean Sea upon whose sandy shores the plant's bare roots cling. Consider rosemary if you have nervous system or cardiovascular weakness, your period is sluggish or stopped, or if you want a good-tasting herb with powerful antioxidant effects to slow the aging process and reduce the risk of heart disease and cancer. Herbalists have recommended rosemary for headaches, chronic fatigue, poor appetite, low blood pressure, weak

circulation, cataracts, for improving memory, for preventing and treating Alzheimer's, and for treating amenorrhea, arthritis, baldness, body odor, depression, fainting, pain and wrinkles! Rosemary is astringent, stomach-healing, stimulant and antispasmodic. Its primary effects are felt in the head, the stomach and the heart. The gypsies of the Mediterranean peddled a toilet water called "Queen of Hungary's water" which was a preparation of distilled rosemary flowers rinse and keep the face youthful-looking. Add a pot of tea to your bath to make a rosemary bath, which is invigorating and restorative. Rosemary tea hair rinses are excellent for keeping your hair shiny and healthy. Spiritually, rosemary is often used for remembrance when a loved-one has passed over to Spirit.



Dosage: Make an infusion of rosemary by steeping one teaspoon of the herb for each cup of water for 20 mins. Drink 1 cup of the tea, or take 10 to 30 drops of the tincture, 2 or 3 times daily.

Caution: Avoid using rosemary if you are pregnant.

Sources: Herbal Rituals (J. Berger), Herbal Remedies for Dummies (C. Hobbs), The Green Pharmacy (J. Duke)

Note: Any remedies listed on this web site are from historical references and used for teaching purposes only. The contents are not meant to diagnose, treat, prescribe, or substitute consultation with a licensed health-care professional.

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