

# Informations



Sage is a medicinal plant very renowned and appreciated for its healing properties. It belongs to the Labiate family and it is also known by its scientific name -*Salvia officinalis*- or the latin one -*Salus salvus*-, which literally means "safe and secure".

Sage is typical of the Mediterranean area and can grow up to 70-80 centimeters. It has blue to purple colored flowers and its vital cycle lasts five years; if cultivated domestically, it has to be removed and replaced by a new one.

It contains vitamin B1 and C, essential oils such as salvina, oleanolic acid, ursolic acid, rosmarinic acid, glucose and caffeic acid. Flavonoids and enzymes can also be found, in addition to high concentrations of tujoni and ketones..

#### Properties and contraindications

Stomach aches a disturb that can be curated with sage herbal tea. Sage increases gastric acids production, bettering digestive ability, it is useful both for prevention and healing, combined with a couple of lemon drops.

Sage herbal tea is useful also for mouth aches, like abscesses, pharyngitis, laryngitis and gingivitis. It can also be used for healing breathing issues because of tis balsamic action, both drinking the herbal tea and breathing the vapors. It also is valid for coughs and sore throat.

There might be contraindications to sage use due to high concentrations of tujoni and ketones, that can be toxic in big quantities. It is better to avoid exaggerated dosage.