

Salvia officinalis= Sage= garden sage = red sage

REMARKABLE healing plant for many disorders.

Known also as Marva in Israel [=salvia meshuleshet=salvia triloba , growing wild] <http://flora.org.il/en/plants/salfru/> [Marva]

Arabic: marameeah Russian: shalfej

French: also known as toute bonne ="all is well"

The name says it already: salvia = to save, to cure, healer of all ills, the queen of the medical plants!

The Chinese has been surprised in the past that the "West" wanted Chinese tea[regular tea as we know it] when the West" had a far more valuable herb[salvia]

They-The Chinese were willing to exchange two parts of their tea to for one part of sage! The Romans used sage in special ceremonies where they used a knife, but not from iron as sage seems to react with iron.

Should be in every home. If you can grow only a few herbs at home then choose at least for menth[nanna], melissa [lemon balm], thyme and salvia which gives you a whole home pharmacy.

Often used as a spice in cooking. When cooked with fatty food/ meat it makes the meat more digestible. Use together with every heavy meal.

Avoid during pregnancy/breastfeeding [ it can dry up a mother's milk while nursing and has been used for ages for this purpose] and if suffering from epilepsy [when used in small doses this is probably ok] or from severe kidney disease.

Don't use in high dose and not for a very long time without interruption especially not the tincture.

Immunity: Most known for all kind of fevers and infectious diseases, viral and bacterial [sore throat, cough, pneumonia, flu, herpes simplex, sinusitis, for every beginning cold! A SPECIFIC for a sore throat!

Nervous system: Very well known to improve memory and protecting the brain, should be tried in dementia and Alzheimer.

It also reduces agitation in Alzheimer patients. Sage inhibits acetylcholinesterase, so more acetylcholine will be available.

In Alzheimer's, there is also a loss of the nerve cells that use acetylcholine. Falling acetylcholine levels and progressive loss of these nerve cells are linked to worsening symptoms.

Even smelling etheric oil can help with memory and cognitive functions.

For anxiety and stress, nervous headache.

Can help to reduce excessive salivation in Parkinson patients.

After any serious disease or depression which exhausted the person

Probably a good anticoagulant [reduces the tendency for excessive blood clotting] and can be used, together with other herbs for those who can't take aspirin or other anti-clotting medicines.

Gastrointestinal: everything you can think about!! food poisoning, bad digestion, difficult food absorption, nausea, diarrhea, parasites, colitis, colic, gas/bloating, reduced appetite, supporting liver and gallbladder.

For diarrhea in children give COLD tea to drink.

Women: to help with weaning, in this case best used as cold tea [stopping breast feeding], for infertility, for menopause symptoms [flushing], dysmenorrhea [painful menstruations], excessive sweating.

Fertility: tradition has it that after big plagues [Egypt] women who survived had to take salvia to "repopulate" the world. [J Palaeseul]

Will help when there is a tendency to dry skin.

For men and women in andropause/menopause.

Revives the [dry, shrivelled] skin and tendons, which become very tense, rigid [herbalist M. Wood]

Did Sara use salvia in Genesis on the instruction of Bore Olam.....!?

וְאַבְרָהָם וְשָׂרָה זָקְנִים בָּאִים בַּיָּמִים הַדֵּל לִהְיוֹת לְשָׂרָה אַרְחַ כְּנָשִׁים. וְתִצְחַק שָׂרָה  
בְּקִרְבָּהּ לֵאמֹר אַחֲרַי בְּלִתִּי הִיְתָה לִי עֶדְנָה וְאֲדֹנִי זָקֵן.

Now Abraham and Sarah were old, advanced in years; Sarah had stopped having the periods of women. And Sarah laughed to herself, saying, "Now that I am withered (בלוּתִי), am I to have enjoyment (עֶדְנָה)—and with my husband so old?"

Externally for all kind of wounds, [venous] ulcers! , infections, insect bites, sunburn, inflamed gums, gargling for sore throat.

Dose: best used a tea, some 3 grams [teaspoon] of the dried herb to one cup of tea.

Cover and let stand for some 10 minutes before straining.

Capsules are also available: 2 capsules of some 500 mg per day

May all our soldiers be capable of recognizing Salvia [Marva] in the field and use it whenever needed.

I suppose that all get a short cause of the most important medicinal plants in the fields of Israel.

And may we all very soon see coming true:

**וְיָשֶׁב־אִישׁ תַּחְתָּגֻפְטוֹ וְתַחַת־פִּיגְמָתוֹ וְאֵין מִמָּוֶד כִּי־יִיְהוָה צְבָאוֹת דִּבֶּר**

**But every man shall sit Under his grapevine or fig tree With no one to disturb him.  
For it was God the Lord of Hosts who spoke.**