SALVIA
Kornati

SAGE TEA

Salvia Officinalis

Sage tea

Carefully chosen, hand-picked leaves of sage give us the unique aroma of wild nature converted into a warm cup of tea as an ideal protector in cold winter days. The sage is the most medicinal plant among all.

According to Dr. Breuss, sage tea is definitely one of those teas that should be consumed in a reasonable amount of time for a lifetime, primarily for preventive purposes.

As Dr. Breuss says, "*He who drinks sage tea hardly ever gets sick*".

Sage tea reduces night sweats, helps with various inflammations and has a whole range of positive effects on the entire body.

Method of application:

Drinking tea preparation:
Pour 2 dcl of boiling water over 1 teaspoon of sage leaves and leave for 5-10 minutes in a covered pot. Drink freshly prepared tea once or three times a day.
It is not recommended to take sage tea continuously more than 2 weeks .

Tea preparation for gargling:
In half a liter of boiling water add 3 teaspoons of sage tea leaves and boil it for 1-2 minutes. Then cover and let it stand for 20 minutes. Tea prepared that way should be gargled while still warm. It is used against throat and sinuses inflammation and as a mouthwash.
It should be gargled 1-2 minutes every 2 hours.

Notes and other information

Keep out of the reach of small children. Recommended daily doses should not be exceeded. A dietary supplement is not a substitute or replacement for a balanced diet.

Sage is not recommended for pregnant women and nursing mothers. It should be stored in a well-sealed container in a dry and dark place at temperatures up to 25°C.

Application

Clinical studies have shown the effect and applicability of sage in solving many health problems. Because of the combination of the previously mentioned effects, sage is applicable and is traditionally used for treatment of a whole range of diseases and disorders.

Treating different problems with sage has a very impressive list:

Skin problems
Sage is used for nourishing oily, mixed type and problematic skin and is being used to calm down various skin inflammations, but they are also used for more severe viral infections such as herpes zoster, because sage has proven to be very good in calming postherpetic neuralgia.

Some beneficial effects of sage related to skin problems and hair care:

- Works against acne and spots[93]

Mouth cavities and airways problems
Mostly because of its wide antibacterial activity, it has an excellent effect on oral cavity care and thus helps fight various mouth and throat infections. It is also used for purifying and calming sinus inflammation.

- It acts against thorat inflammation and reduces the pain[6,7,69,70]
- It works against canker sores and helps to heal other mouth sores[68,69,70,76]
- Facilitates and suppresses inflammation of the gums[69,70]
- Reduces the risk of caries[51]
- Cleanses mucus from the respiratory organs and facilitates breathing[69,77]

Menopausal and menstrual problems
Because of its estrogen-like action, sage is often used to treat diseases and conditions related to the reproductive system and thus helps in resolving female hormonal disorders.

- Helps in menstrual cycle regulation[41,42,76]
- Helps with menopausal problems[41,42,75,76]
- Helps with polycystic ovaries[85,86]
- Reduces PMS symptoms[84]
- Balances hormones[41,42]

• Helps treat infertility in both sexes[91,92,97,98]

Other observed effects
Likewise, many other positive effects on human body can be noticed.

• Helps against various types of colds and viruses[70,72]
• Reduces dizziness[68]
• Intestinal interruption, flatulence and diarrhea[69,70]
• Reduces excessive sweating[69,70]
• Has a powerful anti-inflammatory effect on the whole organism[43,44,45,46,47,48]
• Has positive effects on the liver[69,73]
• Improves memory and cognitive abilities[1,2,3,4,5,22]
• Reduces Alzheimer's disease[1,2,3,4,5,22]
• Reduces the risk of stroke[69]
• Reduces tremor[68,69]

REFERENCES

salviakornati.com/references

All descriptions and information on this flyer are of informative nature, are not intended for the diagnosis or prescription of the therapy and are not a substitute for medical examination or advice from a pharmacist. For the use of essential oils and hydrosols for therapeutic purposes, consult a doctor, pharmacist or aromatherapist.

It is important to adhere to a balanced and varied diet and a healthy lifestyle.

If you notice or suspect adverse reactions, stop using the product and inform your doctor or pharmacist.