

Use Sage For Everyday Brain Health

By Kim Evans, NaturalNews

Sage is a wonderful herb that can add flavor to soups, salad dressings and juices. The herb also has anti-inflammatory and powerful memory enhancing qualities. In trials, even small amounts of sage have been shown to significantly boost memory recall. It's also been known since 2003 that the root of the Danshen or Chinese sage contains compounds that are very similar to the drugs used to treat Alzheimer's disease, which makes it a safer alternative. The herb has also been used for over 1,000 years to treat other brain related problems. Sage has even been found to improve the interconnectivity of the different parts of the brain, which should be important for everyone, with Alzheimer's or not.

One of sage's anti-oxidants, carnosic acid, can even cross the blood brain barrier to halt free radical damage in the brain. The same anti-oxidant increases our own production of glutathione, an important anti-aging anti-oxidant - which improves circulation to the brain by dilating the cerebral middle arteries. Glutathione is actually used to treat all sorts of brain diseases, from autism to Alzheimer's. Having good blood flow to the brain is important, and low blood flow to the brain can exacerbate, and even cause, other problems of the brain.

Sage also has anti-fungal, anti-viral and antibacterial properties. Plus, it's high in iron and has been found to effectively relieve mild to moderate anxiety states. In addition, in a 2010 analysis of over 3100 foods, sage had one of the highest anti-oxidant contents.

Sage has a wonderful savory flavor and it's a wonderful addition to lentil and other homemade soups, including many raw blended soups. If you make your own salad dressings using olive oil, lemon and sea salt as a base, adding fresh sage and tomato is wonderful too. Sage leaves can also be added to fresh juices and they are particularly delicious in tomato juices. Just run your tomatoes through your juicer with the leaves. Sage tea is also common and is made by steeping some leaves in boiling water and adding a natural or herbal sweetener, like stevia.

Of course, with brain and other problems, it's important to remember that common toxins are almost always at the root of the problem, and so while herbs are definitely helpful, detoxification is too. And with any disease, why wait until you're suffering to take action? It's easy to start adding all sorts of fresh herbs to your diet regularly, and as they say, an ounce of prevention is worth a pound of cure.