

Rosemary

Rosmarinus officinalis



Rosemary Benefits

Rosemary was originally cultivated on the shores of the Mediterranean. In fact, the herb's Latin name, rosmarinus, is derived from the words "ros", which is translated to dew, and "marinus", which means sea, as Rosemary can survive on just the spray in the sea air.

It is a plant well suited to growing in poor or sandy soil, high salt, high wind areas such as the conditions found by the sea.

Rosemary's symbolic uses are deeply inlaid within many cultural traditions including weddings, funerals, and during religious ceremonies. The herb is seen by many as a gift by the gods and as a symbol of love, friendship, and trust. In modern times rosemary is grown throughout the world and is widely used as a **medicinal herb** and to season food.

History

Rosemary is a member of the **Mint** family (Lamiaceae). The first records of rosemary's use as a medicinal herb date back to ancient

times in the civilizations surrounding the Mediterranean Sea. The herb was thought to have **strong effects on memory** and in strengthening the mind. Later accounts include that of Queen Elisabeth of Hungary, who claimed that drinking rosemary water led to her longevity as she lived beyond 70 years old while suffering from both gout and rheumatic disorder. Additional historic uses of the herb include its burning to purify the air near ill people to ward off infection during the plague, and it was also used by the French to kill germs during World War II (by utilising its aromatic/essential oil properties).

Health Benefits

Antioxidant

The rosemary herb is used in modern times to treat a variety of symptoms and illnesses. The most prominent modern use of rosemary is as an antioxidant. The primary goal of the herb in this use is to prevent the damage caused by oxidative stress that occurs during many diseases. The brain is particularly susceptible to the effects of oxidative stress, as demonstrated by the condition's role in diseases such as Parkinson's disease and Alzheimer's disease. Studies have shown that the antioxidants in rosemary, such as the carnosic and rosmarinic acids, are highly effective in combatting this problem.

Anti-bacterial

The compound also exhibits anti-inflammatory, antiviral, and antibacterial properties. The herb is used by many as a **natural antibacterial and antiviral**. Rosemary is touted for its ability to eliminate several harmful forms of bacteria while leaving helpful bacteria undamaged. This use of the herb is particularly effective in fighting yeast infections or candida. Rosmarinic acid is found in a variety of herbs other than rosemary, these include [thyme](#), [oregano](#), and [peppermint](#).

Anti-carcinogenic

Studies have also shown that rosemary is a **potent anti-carcinogenic** and may play a role in treating cancer in the near future. One such study was conducted on rats and showed that rosemary, when administered in a powdered format, **prevented the effects of carcinogens by 76%** and decreased the incidence of tumors in mammary glands. In addition, by reducing the damage caused by ultraviolet radiation, the herb also **decreases the chances of developing skin cancer**.

Memory Booster

Rosemary has been thought of as a **memory booster** throughout history. Recent advances in the science surrounding the herb have shown that it inhibits the breakdown of acetylcholine, which is a compound that plays a role in sections of the brain responsible for memory and reasoning. Rosemary may also promote memory function by increasing blood flow to the brain.

Nutrition

Since it is also commonly used as a **seasoning**, there are many ways to incorporate rosemary into the typical diet. The most common method is to simply season prepared food with the herb to taste. A tea can also be made by adding two teaspoons of the rosemary leaves to hot water and allowing it to steep for 10 to 15 minutes. Herb butters and oils are made by adding the leaves or oil of the plant to the butter or oil and mixing thoroughly. Oil extract from the flowers is considered to be the best in quality. Rosemary is also available in capsule form.

Muscle Pain Relief

The leaves are often used to make tinctures that are applied directly to the skin to treat maladies such as muscle soreness and sprained ankles.

Rosemary Essential Oil

Rosemary (*Rosmarinus officinalis*) is an evergreen shrub with needle-like leaves and a woody aroma.

Though best known as a food seasoning, it is one of the most popular aromatic and medicinal plants worldwide.

Rosemary's essential oil — which holds the plant's core components, or essence — is extracted and sold in small bottles. Despite its name, it is not a true oil, as it doesn't contain fat.

Due to rosemary oil's use in folk medicine, many scientists are now testing its potential health benefits.

Though most of this research is just beginning, it supports some traditional uses of the oil and illustrates possible new uses.

Rosemary Essential Oil Uses and Benefits

1. The chemical makeup of Rosemary essential oil gives it renewing properties that can be both energizing and settling—particularly when you diffuse the oil. When you need to study for a big test, memorize your slides for a presentation at work, or just need to finish a project, diffusing Rosemary oil can be helpful. In the essential oil diffuser of your choice, consider diffusing Rosemary oil while studying to help maintain concentration. As the renewing, green aroma of Rosemary oil wafts through the room, you'll be able to focus on the task at hand.
2. Possibly the most common application for the rosemary plant is in cooking. Fortunately, Rosemary essential oil can be used as a substitute in your favorite rosemary-infused dishes. If you have a favorite recipe that calls for rosemary, you can easily add one to two drops of Rosemary oil to meats or traditional entrees in order to add flavor or to support healthy digestion.* Looking for a hearty Rosemary oil recipe? [Try this Balsamic Rosemary Marinade](#) to add instant flavor and excitement to any weeknight meal or backyard barbeque. Speaking of summer festivities, these [Italian Summer Skewers with Rosemary Balsamic Reduction](#) are the perfect sweet and savory addition to any outdoor get-together. Using mozzarella, salami, cantaloupe, brown sugar, and Rosemary oil, these skewers will be a hot item at your next summer bash.
3. Rosemary essential oil can be taken internally to help reduce occasional fatigue and nervous tension.* You can add a few drops of Rosemary oil to a glass of water or to a [doTERRA Veggie Capsule](#). Rosemary oil can also be taken internally if you are striving to support healthy internal organ function.*
4. Trying to relax? Let the renewing properties of Rosemary essential oil soothe your body and soul at the end of a long day by creating a relaxing essential oil bath. Adding essential oils to a warm bath can promote a calming, relaxing environment that allows you to take a break—both mentally and physically. Combine Rosemary, [Frankincense](#), and Epsom salt into your bath for a rejuvenating experience when you are in need of a little “me” time.

5. Like many other essential oils, Rosemary essential oil can be helpful for promoting full, healthy-looking hair. When you want to promote an abundant-looking head of hair, consider using Rosemary oil when giving yourself a stimulating scalp massage. To improve the scalp massage even further, combine [Melaleuca](#) and Rosemary oil together. Whether you are styling or grooming your lovely locks, it is always a good idea to use Rosemary oil for hair.

6. Looking for more delicious Rosemary oil recipes? You can quickly turn traditional mashed potatoes into a flavor-filled side dish with a little help from doTERRA Rosemary oil. Whether you are prepping for a holiday meal, or just want some comfort food, these [Rosemary Mashed Potatoes](#) will leave both your tastebuds and your tummy happy.

7. Because of its rejuvenating scent and renewing properties, Rosemary oil is often used for massage. Consider combining Rosemary oil with a carrier oil like [doTERRA Fractionated Coconut Oil](#) and applying it during massage. To create a soothing massage experience, you can also blend Rosemary oil with [Wintergreen](#) to cool and relax the skin. When you want a relaxing massage, mix [Lavender](#) with Rosemary oil for stress reduction.

