

Rosemary & Its Benefits

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Rosemary, a delightful, fragrant herb, enhances the flavor of many dishes. This versatile, hardy plant not only is wonderful for cooking but may also enhance memory and provide many other health benefits.

This aromatic herb has long been used as a medicine. Rosemary sticks were burned in sick chambers to purify the air and prevent infection, and modern scientists have identified it as having anti-bacterial properties. The woody fragrance itself has been shown to enhance "future memory," which relates to what you intentionally choose to remember.

Rosemary is an excellent source of antioxidants and anti-inflammatory compounds. Some of its compounds have shown to be protective against macular degeneration, an age-related eye problem, and other compounds may reduce brain aging. One compound, carnosic acid, can protect the brain from stroke and neurodegeneration caused by toxins and free radicals.

This nutrition-packed herb is a good source of calcium, iron, and vitamin B6. It contains copper, magnesium, manganese, and potassium and is an excellent source of vitamins A and C.

Rosemary may be used to season lamb, chicken, and pot roasts as well as potatoes, tomatoes, and squash. It is quite easy to grow in most parts of the United States and is therefore a great addition to any herb garden.

Adapted from "What's So Remarkable about Rosemary?" by Joseph Mercola, DO, at:
<http://articles.mercola.com>.