



SAGE

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Sage has been known since the Middle Ages due to known for its powerful healing properties. It is an evergreen shrub with woody stems and blue or purple flowers.

They are commonly found in the Mediterranean region. According to research, Sage or *Salvia officinalis* has lots of resemblance to Rosemary. In fact, they are even referred as "sister herbs".

Sage has been used as a medicine for many centuries. It was traditionally used for the treatment of snakebite, protection from evil, boosts female fertility and many others.

Today, modern science and technology had discovered that Sage is more powerful and offers a lot of health benefits such as the following:

- Cognitive Boosts (stimulate brain function, increase recall abilities and memory retention)
- Anti-inflammatory
- Antioxidant
- Help eliminate cognitive disorders (Alzheimer's and dementia)
- Strengthen the immune system
- It has Vitamin K (Vitamin K is a crucial element in developing bone density and ensuring the integrity of our bones as we age)
- Treatment for skin conditions (eczema, psoriasis, acne)
- Diabetes Management
- Assists in digestion

Out of the many health benefits of sage, some of the most important include its ability to improve brain function, lower inflammation throughout the body, prevent chronic diseases, boost the strength of the immune system, regulate proper digestion, alleviate skin conditions, increase the health and strength of bones, slow the onset of cognitive disorders, and prevent the onset of diabetes.