PLANTS & HERBS

Scientists Reveal An Herb That Fights Off Dementia And Improves Memory

By bestfolkmedicine · 02/08/2018 · 4 min read



An herb known as rosemary is considered to be among the oldest healing herbs known to man and it has a long list of uses ranging from culinary to medicinal ones. Both its leaves and flowers have been regularly included in DIY remedies for more than thousands of years for different purposes, including its memory-boosting capacity.

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Rosemary will offer you the possibility to guard the brain from aging-related damage and even slow down the aging process. It is believed to do this by enhancing the blood flow to the brain, which feeds the brain with additional nutrients and oxygen.

The Amazing Properties of Rosemary

Rosemary is known to possess carnosic acid that fights against free radical damage in the brain and its natural acids will keep the cells in the body and DNA safe from free radicals.

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Also, its compounds can avert the breakdown of acetylcholine, a chemical which activates the communication between the brain cells that are in charge of memory and reasoning.

A strong connection between the scent of rosemary and better cognitive functioning was discovered in a study. The participants had better scores on several recall and visualization tasks after smelling rosemary. Another study has found that this herb can be of great aid for Alzheimer's and dementia sufferers.

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Best Benefits of Rosemary

1. **Alleviates colds and the flu**

The anti-inflammatory characteristics of rosemary are great in speeding up the healing process of colds and the flu and also in decreasing the chances of catching a cold or the flu. It can help you lower throat ache too.

2. **Useful against hair loss**

Hair thinning, also known as alopecia areata, can be improved with an herb such as rosemary. Namely, in a study, the participants who massaged their scalps with rosemary oil and other essential oils such as thyme and cedarwood for a period of seven months experienced higher hair growth than the group who did not use it.

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3. **Prevents food-borne diseases**

Did you know that some studies point out that rosemary herb is beneficial in preventing food-borne pathogens such as Listeria monocytogenes? Therefore, in addition to adhering to adequate cooking methods and food handling, make sure you consume rosemary too.

4. **Lowers the risk of cancer**

This fragrant and delicious herb is considered to decrease the chance of colon and breast cancer and stop the tumors from spreading further in the body. Its power is additionally increased when taken in combination with curcumin (from turmeric and ginger) or in its extract form.

5. **Betters the digestion**

If you experience digestive-related issues like gases, cramps, or IBS, opt for rosemary essential oil therapy to alleviate the symptoms.

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6. **Reduces stress**

Did you know that rosemary has the power to minimize the cortisol levels in the body? Cortisol is the hormone associated with stress and rosemary will help you feel calmer. Interestingly, a study showed that when smelling some rosemary, nurses working under busy and stressful situations experienced less stress during tests than the nurses who did not smell the herb.

How to use it:

1. Rosemary for pain relief

Best use: topical massage oil

Simple rosemary pain oil

Mix:

- 2 tablespoons olive oil, coconut oil, or almond oil
- 3–5 drops rosemary essential oil
- Optional: 2 drops peppermint or lavender essential oil

Massage into sore muscles, stiff neck, shoulders, knees, or lower back for **5–10 minutes**, 1–2 times daily.

Rosemary contains compounds such as **rosmarinic acid, carnosic acid, and 1,8-cineole**, which are studied for anti-inflammatory, antioxidant, and analgesic activity. Evidence is supportive, but it should be framed as natural comfort support, not a cure.

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Warm rosemary compress

Steep 1–2 teaspoons dried rosemary in hot water for 10 minutes. Soak a cloth, wring it out, and place over sore areas for **10–15 minutes**.

Good for: muscle tension, mild joint stiffness, tired legs, and neck/shoulder tightness.

2. Rosemary for memory and focus

Best use: aroma/inhalation.

Focus ritual

Add 2–4 drops rosemary essential oil to a diffuser for **20–30 minutes** while studying, writing, reading, or working.

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Or crush fresh rosemary leaves between your fingers and inhale deeply for a few breaths.

A small human study found that exposure to rosemary aroma was linked with measurable 1,8-cineole absorption and better performance on some cognitive tasks. Another study also reported that inhaled rosemary oil affected alertness, mood, and physiological activity.

Rosemary study tea

Steep:

- 1 teaspoon dried rosemary or 1 small fresh sprig
- 1 cup hot water
- Steep 5–8 minutes

Drink once daily, preferably in the morning or early afternoon.

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3. Best combined routine

Morning: rosemary tea or rosemary aroma for focus.

Before work/study: diffuse rosemary for 20–30 minutes.

Evening: diluted rosemary massage oil on sore muscles or joints.

Safety notes

Do **not** ingest rosemary essential oil. Always dilute it before skin use. Avoid medicinal amounts of rosemary during pregnancy, and be cautious if you have epilepsy, very sensitive skin, or take blood-thinning/diabetes/blood-pressure medication. Rosemary as a culinary herb is generally different from using concentrated essential oil or strong extracts. Safety reviews note possible skin sensitivity and cautions with high medicinal use.

Sources:

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