

Sage <https://pubmed.ncbi.nlm.nih.gov/?term=sage+medicinal&filter=simsearch2.ffrft>

- 160 different polyphenol antioxidants
Chlorogenic acid, caffeic acid, rosmarinic acid, ellagic acid and rutin — all found in sage — are linked to impressive health benefits, such as a lower risk of cancer and improved brain function and memory
- One study found that drinking 1 cup (240 ml) of sage tea twice daily significantly increased antioxidant defenses. It also lowered both total cholesterol and “bad” LDL cholesterol, as well as raised “good” HDL cholesterol
- Compounds in sage have estrogen-like properties, allowing them to bind to certain receptors in your brain to help improve memory and treat hot flashes and excessive sweating
- Daily use of a sage supplement significantly reduced the number and intensity of hot flashes over eight weeks
- it’s loaded with compounds that can act as antioxidants, which have been shown to buffer your brain’s defense system.
- It also appears to halt the breakdown of the chemical messenger acetylcholine (ACH), which has a role in memory. ACH levels appear to fall in Alzheimer’s disease.
- In one study, 39 participants with mild to moderate Alzheimer’s disease consumed either 60 drops (2 ml) of a sage extract supplement or a placebo daily for four months.
- Those taking the sage extract performed better on tests that measured memory, problem-solving, reasoning and other cognitive abilities (21Trusted Source).
- In healthy adults, sage was shown to improve memory in low doses. Higher doses also elevated mood and increased alertness, calmness and contentedness (23Trusted Source).
- In both younger and older adults, sage appears to improve memory and brain function (24Trusted Source, 25Trusted Source).
- It may help lower “bad” LDL cholesterol, which can build up in your arteries and potentially cause damage.
- In one study, consuming sage tea twice daily lowered “bad” LDL cholesterol and total blood cholesterol while raising “good” HDL cholesterol after just two weeks (6Trusted Source).
- Several other human studies illustrate a similar effect with sage extract (28Trusted Source, 29Trusted Source, 30Trusted Source).
- Animal and test-tube studies demonstrate that sage may fight certain types of cancer, including those of the mouth, colon, liver, cervix, breast, skin and kidney

Sage Dangers – estrogen compounds, lowers blood sugar

Sage Use – seasoning, tea, added to coffee, 750mg per day in The Brain Pill

Sage Growing – full sun, especially in the morning to prevent mildew issues, mix in aged compost, usually want fertilizer

Oregano <https://pubmed.ncbi.nlm.nih.gov/?term=oregano+medicinal&filter=simsearch2.ffrft>

- Flavonoids and phenolic acids - flavones; flavonoids; flavonols; hydroxybenzoic acids; hydroxycinnamic acids; oregano; phenolic acids; phytochemicals
- Oregano is high in antioxidants, which can help prevent damage by neutralizing disease-causing free radicals. Particularly effective against colon cancer.

- 2nd best antimicrobial culinary herb (thyme is best) due to high Carvacrol content. Used on wounds
- Anti-inflammatory
- Anti-fungal
- Soothes inflamed respiratory system
- Improves digestion

Common Oregano (*O. vulgare* L. Subsp. *vulgare*) vs Greek Oregano (*O. vulgare* L. Subsp. *hirtum*) – Greek Oregano has higher concentrations of beneficial compounds

Oregano Dangers – None

Oregano Uses – seasoning, tea, poultice

Oregano Growing – full sun, rich soil with lots of organic matter, water when dry

Sweet Basil

<https://pubmed.ncbi.nlm.nih.gov/?term=sweet+basil+medicinal&filter=simsearch2.ffrft>

- Extremely high in vitamin K
- Reduce memory loss associated with stress and aging. (eaten or inhaled)
- Reduce depression related to chronic stress.
- Reduce stroke damage and support recovery, whether given before or right after a stroke.
- Improve fasting blood sugar, cholesterol and triglycerides.
- Reduce blood pressure in people with hypertension.
- Relax blood vessels and thin your blood, similar to aspirin.
- Protect against acid damage to your gut, particularly preventing ulcers.
- Prevent certain cancers, including of the breast, colon and pancreas.
- Inhibit the growth of bacteria that cause dental decay.
- Provide an alternative to antibiotics for infectious diseases, including combating antibiotic-resistant strains of bacteria.
- Repel insects, such as mosquitos and ticks.

Sweet Basil Growing – full sun most places, late afternoon shade in deep south, rich soil with good drainage

Holy Basil

<https://pubmed.ncbi.nlm.nih.gov/?term=holy+basil+tulsi+medicinal&filter=simsearch2.ffrft>

- All of the above
- Blood sugar control 18% reduction
- May reduce sperm count
- May trigger contractions in pregnant women

Basil Use seasoning (2-2.5 tablespoons in a dish), inhaled, gargled

Holy Basil Growing – partial shade is fine, rich soil, keep watered but not soggy

Cayenne pepper

<https://pubmed.ncbi.nlm.nih.gov/?term=Cayenne+medicinal&filter=simsearch2.ffrft>

- Active compound is Capsaicin
- 5% increase in calories burned due to increased metabolism
- it reduces the production of the hunger hormone ghrelin, reducing food consumption 10%-16%

- Relaxes blood vessels which reduces blood pressure
- Stimulates stomach acids and assorted digestive enzymes
- Topical pain relief by reducing the amount of substance P, a neuropeptide that signals pain
- Topical application reduces symptoms of psoriasis (substance P reduction)
- May slow the growth of cancer cells and even cause cell death for many different types of cancer, including prostate, pancreatic and skin cancer

Cayenne Dangers – may thin blood too much when combined with other blood thinners

Cayenne Pepper Uses – Seasoning, salve

Purslane

<https://pubmed.ncbi.nlm.nih.gov/?term=purslane+nutritional&filter=simsearch2.ffrft>

<https://www.foragingtexas.com/2008/08/purslanesedumstone-crop.html>

Nutrient-rich in calcium, iron, magnesium, phosphorus, potassium, and sodium, vitamin C, thiamin, riboflavin, niacin, vitamin B-6, folate, and vitamin A.

- Calcium, magnesium, iron, and manganese are all elements required to develop bone tissue and speed the healing process of the bones. May help with osteoporosis.
- High in omega-3 fatty acids which reduces the risk of cardiovascular diseases and atherosclerosis, may help with childhood autism and ADHD
- Reduces LDL cholesterol.

Purslane Dangers – some people become allergic

Purslane Uses – salads, cooked, pickled

Purslane Identification – succulent, clear sap, tan to red stems, no hair

Scarlet Pimpernel: <https://www.foragingtexas.com/2012/01/pimpernel.html>