

# WELLNESS

## Natural Benefits of Sage

Sage has been cultivated for centuries and used in both food and traditional medicine in Europe and Asia. The herb contains numerous bioactive compounds such as tannins, flavonoids, and terpenes, which have a triple-header of potent health benefits: They're immunity-strengthening, anti-inflammatory, and antimicrobial, says Joseph W. Vazquez, N.D., associate dean of clinical education at Southwest College of Naturopathic Medicine in Tempe, AZ. Try his favorite home uses.

BY ARRICCA ELIN SANSONE

### ANTI-DANDRUFF RINSE

Use this antimicrobial rinse to help with underlying fungal infections, which often cause dandruff. Mix 1 cup **apple cider vinegar** with 1 cup **water**. Add 10 drops of **sage essential oil**, then 10 drops of any other **essential oil such as lavender or orange** for scent. Saturate your hair with the rinse, being sure it makes contact with your scalp. Leave in place 5 to 10 minutes, then rinse. Store excess at room temperature in a lidded glass jar. If you like, warm slightly by running the jar under warm water before using.

### IMMUNE-BOOSTING HERB BROTH

This concoction makes a great base for soups or entrées and is good to sip on its own if you're feeling under the weather. Combine 4 whole peeled **garlic cloves**; 1 cup **fresh sage** (with stems); 1 Tbsp **ground cumin**, which also has antimicrobial properties; 1 Tbsp **minced ginger**; and **salt** and **pepper** to taste in a large stockpot with 8 cups **water**. Boil, then reduce to a simmer for 1 hour or until 2 cups remain. Store leftovers in a lidded glass jar in the fridge for up to 1 month.

### SAGE & HONEY COUGH SYRUP

Calm a mild or productive cough with this soothing remedy. Lightly grind 1 cup **fresh sage leaves** (stems removed) with a mortar and pestle, or smash with the blunt end of a spoon; don't use a food processor, which will make it too paste-like. Stir into 1 cup **honey** (preferably Manuka, which is also an antimicrobial). Let sit 24 hours in a lidded glass jar at room temperature. Take 1 to 2 tsp as needed for up to a week. Lasts 3 months.

MIKE GARTEN, FOOD STYLING: ERIKA JOYCE, PROP STYLING: CHRISTINA LANE.