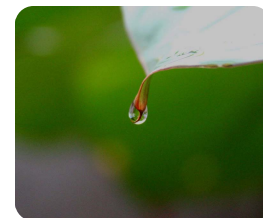


Essential Oils Then & Now Newsletter

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“There’s rosemary, that’s for remembrance.”

Shakespeare’s Hamlet to Ophelia

“...Remember me to one who lives there. She was once a true love of mine.”

Simon and Garfunkel. Could they have known Rosemary as the herb of remembrance and affection?

In 1817, an Egyptian scroll was found dating back to 1500 B.C. It was a medicinal scroll mentioning over 800 herbal prescriptions and remedies for the many diseases successfully treated. Rosemary, as well as other oils, was used extensively for anointing and healing the sick. When the Israelites began the exodus out of Egypt around 1240 B.C., they took with them the resins, gums, precious oils, and the knowledge of how to use them. Centuries later as Christians began to disperse throughout the world, they continued the practice of anointing the sick. “Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: and the prayer of faith shall save the sick.” James 5:14 and 15. Rosemary in Latin means dew of the sea as it grows well by the seashore. It is also called Rose of the Sea, and Rose of Mary. According to legend, when the holy family fled into Egypt, Mary spread her blue cloak on the white-flowered rosemary turning the flowers blue. The Spanish call rosemary romero, or pilgrim’s plant, because of this legend. Actually, botanically, there is a species of rosemary that blooms white, but the rest bloom in shades of blue. The Romans considered rosemary a sacred plant, a gift from their gods, and used it for religious cleansing and purification, as gifts of beautiful wreaths for weddings and other celebrations, as food, beauty rituals and as herbal medicines. Dioscorides, first century doctor to the Roman legion, wrote more about Rosemary than any of the other 400 healing plants in his *Materia Medica*. Rosemary was also ritual incense burned in honor of the dead from ancient Egyptians and well into the Middle ages. The medieval people used it to ward off witches and bring good luck. The oil of Rosemary helped protect thieves during the 15th century plague while they robbed the dead and dying. Until recently the French used it in hospitals to disinfect the air.

Rosemary is almost a cure all, but should not be used by people who are epileptic, have hypertension, are pregnant, or are under age 6. Those with MRSA can rejoice because it kills staph - as well as strep and other bacteria. Use for colds, flu, pulmonary congestion, slow elimination, candida, chronic fatigue, colitis, lice, hepatitis, alopecia, muscular pains, arthritis, cellulite, depression, whooping cough, cholesterol and ear infections. Aids fat digestion. Rosemary improves memory, concentration, and mental alertness making it an excellent oil for studying. It can help unblock emotions enabling you to form close ties with others. It warms the spirit, gives courage, a sense of energy, confidence, clarity and awareness.

Legend says Rosemary grows only in the gardens of the righteous. If you don’t want to test the legend... drop by and pick up some here!

Joanna