Increase Your Memory By 75% With Rosemary

Categories: General, Health/Fitness

Most people's experience with rosemary revolves around using it when cooking meats, but as well as its culinary uses, rosemary has been utilized for centuries for its many medical properties...

One of the most common uses for rosemary is as a memory aid and it has been used since ancient times to help improve memory. The evidence isn't just all historic, as several recent medical studies have found that rosemary can improve memory and increase cognitive performance. My day-to-day short term memory is pretty dreadful, so I have just purchased a bottle of organic rosemary essential oil to try this out. Check out the link below to find out more about how to improve memory with rosemary.

Increase Your Memory By 75% With Rosemary

(Image from: Herbs Info)