Wow, I knew sage was good for you, but I didn't realize how many medicinal properties and medicinal uses it has. I did however know that sage plants are very easy to grow, as we grow our own sage as a herb for recipes... I think I might have to grow several more sage plants now so we can make our own homemade remedies.

I am particularly interested in making the sage tea now that I know about its sedative and relaxation properties. It could be just the thing after a stressful day. Anyway, check out the link below and find out more about the many uses for sage.

Sage: The Must Grow Plant (Find Out How & Why To Use It)

(Photo from: Wikipedia)