

# Clary Sage Oil Balances Hormones and is High in Antioxidants

By Nan Martin

Clary Sage Oil has been used for centuries to **alleviate** female conditions. It is very rich in **antioxidants** and contains **sclareol** which is very rare when distilling essential oils.

What is **Sclareol**?

Sclareol, a diterpene alcohol, is very similar to the chemical structure of the **hormones** produced in the human body. Therefore, clary sage **stimulates** our bodies to produce more hormones and thus has a balancing effect for both men and women.

Clary Sage is contained in Dragon Time, Lady Sclareol and SclarEssence essential oil blends. Consider these blends for balancing the hormones (and other uses)!

Hormones are also important when it comes to **hair** loss and growth. Clary sage promotes estrogen balance and prevents thickening in the membrane tissue around the hair follicle that creates hair loss.



Clary sage oil is one I'm quite familiar with. It has really helped me balance my hormones and minimize my hair loss. I also like to use it when I feel overwhelmed, or, I am over analyzing situations. It immediately **stops** that mind chatter that is so disruptive to clear thinking.

One of my favorite blends that contains Clary Sage is Into the Future. It helps us leave the past behind and move forward. Use for animals too!!

This section is a fun and easy reference guide for **Clary sage oil**. It will tell you **how** to use it and **what** to use it for. It will also provide you with some fun suggestions, safety precautions for you and your pet!

As I receive new tips and testimonials for **Clary sage oil** they will be added to the page, so check back frequently!

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## Clary Sage Essential Oil

**What is the Genus Species?** *Salvia sclarea*

**Why is this information important?** It is always important to know the genus species of a plant when using and purchasing essential oils. Using the common name is just not enough information.

For instance, many times Clary sage oil is **confused** with the common sage (*salvia officinalis*). I can assure you that these are very different oils.

Remember, many companies may use a **substitute** species or a combination of species that does not offer therapeutic benefits. So, please only use oil that is correctly labeled with the genus species on the bottle.

**Where is the name derived** from? Salvia comes from a Latin word "salvere" meaning "to heal or save". Clary comes from a Latin word "clarus" meaning "clear".

**Why is this information so important?** Its not, it's just a fun fact!

**What Part of the Plant is Used?** Flowering plant

**What is the ORAC Value?** 221,000 µTE/100g. Wow! This is rich in Antioxidants!

**Why know about this number?** ORAC stands for Oxygen Radical Absorbance Capacity. It tells you the antioxidant capacity of a food item. Antioxidants have shown to reduce the risk of age related conditions and cancer! This was developed by the USDA researchers. For instance: Spinach = 1,400; Clove = 1,078,700. The number for clove is NOT a typo!

**Most Interesting Historical Reference?**

Did you know that in the Middle Ages, Clary sage was nicknamed "Clear Eyes"? An infusion, made from the seeds, was prepared to treat eye conditions!

**What are the Plant Properties?** Anticoagulant, antioxidant, anticonvulsive, antifungal, antiseptic, astringent, sedative, cholesterol, antidiabetic, antitumoral, nerve tonic.

**What are the Documented Uses and Benefits of Clary Sage?** Menstrual problems and PMS, hormonal imbalance, pre-menopause, bronchitis, high cholesterol, hemorrhoids, impotence, insomnia, circulatory problems, kidney disorders, hair loss.

**What is the Aromatic Affect on the Mind?** It can be very quieting to the mind, and euphoric. Spicy scent, sharp and grassy.

**What is the Spiritual Influence?** For those who can sit still enough to quiet the mind and gain clarity, this oil is for you. Notice how your mind will **calm** by just holding the bottle.

If our brain is racing, it is **difficult** to know what to do next or how to do it for that matter. When we are relaxed and focused, ideas flow to us naturally and we embrace their meaning. Use clary sage oil to bring the mind back into the moment so you can enjoy the stillness rather than the chaos.

It also is known to enhance one's ability to **dream**, so watch out!

**What Chakra is Affected?** The root and sacral chakras.

**What is the corresponding Chakra Color?** Violet.

**How do I use it?**

Use diluted - 50:50 dilution (one part essential oil: one part of vegetable oil). Then,

- Apply several drops (2-4) on location, feet, ankles or wrists
- Apply to chakras/vitaflex points
- Diffuse, or
- May be used as a dietary supplement.

**Good oil for the First Aid Kit?** No

**Can this Oil be used for Pets?** Yes, however, use very diluted and with caution. I choose to use it in a specialty blend only, rather than use it alone.

One of my favorite blends that contains Clary Sage is Into the Future. It is great for leaving the past behind and moving forward!

**Note about Animal Use:** Certain oils can be very toxic to cats. Pine and citrus oils in particular when they are not of therapeutic quality. Please consult your vet if you are not sure about applying any essential oil to your pet.

**What are the Safety Precautions?** First, only use therapeutic grade essential oils! Clary sage oil has no known contraindications. It is Generally Regarded as Safe (GRAS). It is approved by the FDA for use as a Food Additive (FA).

Children under age 6 years old should not use Clary Sage as a dietary supplement. Pregnant women should use caution.

### **Essential Oil Trivia?**

Did you know that clary sage is in the Mint Family, Lamiaceae? The Mint Family produces the most chemotypes of any plant family.

Did you know that in Oriental Medicine, clary sage oil circulates and strengthens Qi-Energy that is "stuck"? Qi (or Chi) is considered our life force or energy that flows through our bodies and sustains our physical body.

### **Tips and Testimonials from an Essential Oil User**

Place a few drops of Clary Sage on areas of thin skin every day to balance your hormones!

Nan Martin's Web page: <http://www.experience-essential-oils.com>

[Click here to go back to www.younglivingoils.net training web page](http://www.younglivingoils.net)