



BUBBIE'S *Did You Know...* HERBAL FACT

Rosemary and Memory Support

Several studies suggest that rosemary (*Rosmarinus officinalis*) may help support memory and cognitive performance. A 2017 systematic review of 7 studies found that rosemary extract improved memory in healthy adults, particularly speed of memory and prospective memory.

Promising short-term evidence

Supports memory and focus • Improves mental clarity

May help protect the brain from oxidative stress

Evidence quality was rated moderate; more high-quality studies are needed to confirm long-term benefits.

SUPPORTING EVIDENCE

Leão-Ferreira et al., *Phytotherapy Research* (2017)
Systematic Review of 7 Human Studies

Bible Verse

"The mind governed
by the Spirit is life
and peace."

Romans 8:6 (NIV)

BUBBIE'S

Herbal Tea Recipe

Rosemary Lemon Brain Boost Tea

INGREDIENTS

- 2 cups water
- 1–2 tsp fresh rosemary leaves
(or 1 tsp dried rosemary)
- 1 slice lemon
- 1 tsp honey, optional
- Pinch of cinnamon, optional

DIRECTIONS

Bring water to a boil.
Add rosemary and reduce heat.
Simmer 5–7 minutes.
Remove from heat and add lemon.
Steep 5 more minutes.
Strain and sweeten with honey
if desired.
Sip warm and enjoy to help
support memory and focus!

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