

## Health Benefits of Rosemary

Rosemary is high in [Manganese](#), an essential nutrient for metabolic health. Manganese also helps the body to form blood clots, allowing injuries to heal faster.

Rosemary has a number of additional health benefits, including:

### Potentially Reduced Risk of [Cancer](#)

Rosemary contains carnosic acid, a compound known for its powerful antioxidant properties. Studies have found that carnosic acid can slow the growth of cancer cells in the body and even lower the risk of developing tumors.

### [Immune System Support](#)

Studies have shown that the carnosic and rosmarinic acids in rosemary have powerful antibacterial, antiviral, and antifungal properties. Consuming rosemary regularly can potentially help lower the risk of infection and help the immune system fight any infections that do occur.

### [Stress Reduction](#)

Although more research is needed, preliminary studies indicate that rosemary has a positive impact on reducing anxiety and stress. In a randomized trial conducted on university students, rosemary was found to improve the students' sleep quality and lower their anxiety levels when compared with a placebo.

### Improved [Memory](#) and Concentration

Rosemary has been used for centuries as a memory aid, and studies in [aromatherapy](#) using rosemary have corroborated some of these claims. One study found significant improvements in cognitive performance within 20 minutes of inhaling rosemary essential oil.

Source: WebMD

