

## Uses

ID	1,476
Crop ID	Clary Sage
Part	Whole
Use Category	Medicinal
Notes	An antispasmodic and aromatic plant, it is used mainly to treat digestive problems such as wind and indigestion. It is also regarded as a tonic, calming herb that helps relieve period pain and pre-menstrual problems. The whole plant, and especially the leaves, is antispasmodic, appetizer, aromatic, astringent, balsamic, carminative, pectoral and tonic.
Metadata ID	8,465