

Summer Savory From the selection of Traditional Applications to the novel effect in relief, Prevention and treatment of a number of serious Illnesses

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Abstract

Savory (*Satureja* L.) plant species have been used for centuries as culinary herbs and spices, as well as traditional remedies for the treatment or relief of various common health symptoms in many parts of the world. Recent studies suggest that the use of some *Satureja* species is effective in protecting the body against oxidative stress, free radical damage, inflammation, microbial infections, etc., A review of many studies suggests that savory species, in addition to treating minor ordinary ailments, can potentially provide a novel natural prevention or treatment for some chronic and serious illnesses such as diabetes, cardiovascular diseases, cancer, and Alzheimer's.