



**Parts Used:** the flowers and leaves in teas, tinctures, alcohol and wines, foods and even a bath. Grows freely

**Benefits:** Carminative, calming, antiviral, antiseptic, a cooling tea for fevers and will promote a mild perspiration. Also helps with digestion, vomiting and nausea, griping in the bowels. For insect stings; also good for toothaches and headaches; said to “calm the Spirit” and an over stimulated mind. When we go into overload the physical and Spirit respond to the minds thoughts and can manifest heart palpitations, raise the blood pressure and manic thinking which leads to shortness of breath—Lemon Balm is advised. Can also reduce infectivity of a variety of viruses. Promotes immunity, digestive, nervous system balance—A sense of calming for the entire body.

\*Lemon Balm does come with a **warning** to those on Thyroid Medications. This herb stimulates the Thyroid hormone (TSH) levels. Consult your doctor if on Thyroid Medications before consuming Lemon Balm.

\*Long ago, beekeepers would rub the bee hives with Lemon Balm to entice other bees to join the hives. If bees strayed it also helped them find their way home and helps keep the bees together.

\*Pliny says, “It is of so great virtue that though it be tied to his sword that hath given the wound, it stauncheth the blood.”

\*Gerard said, “The juice of balm glueth together green wounds” implying that, “Balm being applied, doth close up wounds without any peril of inflammation.”

\*18th Century Lemon Balm was known as “Spirit of Melissa”. In folklore, Lemon Balm was used to ward off evil. A sachet placed under your pillow or near your bed will provide a relaxing, refreshing sleep

\*In Astrology, this amazing beauty is governed by the Moon.

\*When we use any herb daily, like any prescription, we can become immune to the effects and when we need it most, our physical doesn’t respond as we need it to respond. Always take “breaks” from any herbal product.

\*For a calming bath, 1/2 to 1 cup of Lemon Balm in an old stocking, cheesecloth or thin sock added to a nice steamy hot tub. This will relax the physical, mental and spiritual.

\*Promotes Cell Wall Health.

\*Can be added to salads, stews, poultry stuffing, soups, sandwiches, pork, vegetables, warmed wine, cakes vinaigrettes; pretty much any culinary treat you want to create.

\*To wild harvest, please be kind! Only harvest the 8th plant you come upon. Only harvest what you know you will need for your culinary dishes, teas, tinctures or salves.