

Lemon Balm

Botanical name: *Melissa officinalis*

Energetics/Actions: Bitter, sour, astringent, cold, antiviral, antidepressant, carminative, nervine

Description

Native to northern Africa, western Asia and southern Europe, Lemon Balm is a wonderful plant to attract bees to your garden. Melissa means “honey bee” in ancient Greek. Lemon Balm grows like a weed and has been used medicinally since the Middle Ages. It has a mild lemon scent and flavor and makes a lovely tea.



Uses

Stress: Used to promote calm and mental clarity.

Herpetic lesions: Lemon balm inhibits the growth of the herpes virus and the salve helps cold sores heal faster.

Indigestion: Used to decrease gas, bloating and nausea.

Dose

Tea: 1-2 teaspoons fresh or dried herb in hot water, steep for 10 minutes. Take up to 3 times a day.

Tincture: ½ teaspoon up to 3 times a day.

Safety Information

Lemon balm is a gentle herb, but as always, talk to your health care provider if you are taking other medications.