



LemonBalm

Melissa officinalis

JW Farms 7



Lemon balm is a perennial plant. It was originally native to south-central Europe and the Mediterranean, but it can now be found growing wild throughout the United States and much of the rest of the world.



Lemon balm is primarily known for its uplifting and calming effects. It's commonly made into a tea and used to soothe the mind and prepare the body for sleep. It's also used as a natural sleep aid. Research reveals lemon balm's health benefits, such as reducing PMS symptoms, managing blood pressure and cholesterol, helping relieve colic, as well as having antiviral properties.

Lemon balm is a plant with a long history of use as a relaxing herb. Historically, lemon balm has been used as a topical remedy for wounds and venomous bites. Modern research shows that this herb may be beneficial for mental health, brain function, and heart health. It has also been shown to have antiviral properties.



The combination of lemon balm extract with the addition of asparagus extract, saffron extract, vitamin C, vitamin E, and zinc in a study showed significant improvements in several sleep areas, including falling asleep, night-time awakening, overall sleep quality, feeling refreshed upon waking, and daytime functioning.

Sleep Aid
 Anxiety
 Stress
 Depression
 Restlessness
 Menopause
 Cognitive Function
 Postpartum
 Alertness
 Alzheimer' s
 Colic
 Digestion
 PMS
 Painful Menstruation
 Cardiovascular
 IBS
 Flu
 Colds
 Nervine
 Carminative
 Diaphoretic
 Hepatic/Liver
 SEDATIVE
 Cold Sores
 Herpes
 Immune System
 Headache
 Teeth/Oral
 Respiratory Health
 Circulation of Blood
 Atherosclerosis
 Detoxification of Body
 CANCER
 Skin
 Edible
 Heart
 Diabetes
 Reduces Blood Sugar
 Concentration



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LemonBalm belongs to the Mint Family. It bears small yellow or white flowers in spring and summer and its leaves are highly fragrant.

It can be eating in foods, tinctured, drank as a tea or made into an essential oil.



The Anti' s:
 Antioxidant
 Antibacterial
 Antiviral
 Antimicrobial
 Antidepressant
 Antispasmodic
 Anti-germicidal
 Anti-Inflammatory
 AntiFungal



One of the earliest known plant descriptions of lemon balm appeared in *Historia Plantarum* by Greek philosopher and botanist Theophrastus of Eresus, which is dated to around 372-287 BC.

Later on, in the 10th century, lemon balm was introduced to Spain by the Moors. It was later brought to central Europe by Benedictine monks.

The Benedictine abbess Hildegard von Bingen (1098-1179) described the medicinal uses of lemon balm in her book entitled *Physica*. It is believed that the original idea of "Carmelite Water", a blend of alcohol, lemon balm, and a variety of other herbs and spices, may be traced back to around the year 1200 when Christian hermits began living in caves on Mount Carmel. This medicine was seen as a miracle cure for a variety of health complaints.

Caution

Generally Safe. Do not over use, like anything. May affect thyroid so consume with caution if you have thyroid issues. It is GRAS.