Lemon Balm Leaf - Loose Herb

DESCRIPTION

The Herb That Makes the Heart Merry

Dried lemon balm leaf (*Melissa officinalis*) — a member of the mint family with a soft, lemony scent and a light, pleasant tea.

Lemon balm has been a remedy for the nerves and the heart for over a thousand years. The Persian physician Avicenna wrote that it "makes the heart merry and joyful." Paracelsus called it an elixir of life. Carmelite nuns made it the heart of their famous *Carmelite water* for nervous headaches, and gardeners planted it by beehives — *melissa* is Greek for "honey bee."

What science has found so far:

- A single dose of lemon balm reduced the effects of a stressful test and improved calmness in healthy volunteers. (Kennedy et al., 2004)
- Its **rosmarinic acid** slows the breakdown of GABA, the brain's own calming messenger.

The Eastern view: In Chinese medicine terms lemon balm is **cool and slightly sour**: it settles the *Shen* (the spirit, housed in the Heart) and soothes a tense, over-heated Liver — the picture of anxiety, palpitations, irritability and broken sleep. In Unani medicine it is *Badranjboya*, prescribed for the heart and for sadness.

Ways to use it:

- **Tea** — 1–2 tablespoons in a cup of just-boiled water, covered, for 5–10 minutes. Strain and sip.
- **Evening calm** — with chamomile or lavender.
- **Iced** — brew strong, chill, and add lemon slices and honey.
- **For children's tummy upsets** — a weak, warm cup (for children over 2).

Ingredients: 100% dried lemon balm leaf.

Size: 1 oz, in a resealable black stand-up pouch with a window. Store sealed, away from light and heat.

Packed to order by a small team of skilled herbal professionals.

Disclaimer

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

We recommend working with a qualified integrative healthcare professional, especially if you are pregnant, nursing, have a medical condition, or take any medications.

Important Safety Information:

- Lemon balm may affect thyroid hormone — if you take thyroid medication or have an underactive thyroid, use it with care.
- It may add to the effect of sedatives and sleep aids.
- Use in normal, food-like amounts during pregnancy.
- Keep out of reach of children. Store sealed in a cool, dry, dark place.
