

QUICK REFERENCE SHEET

LEMON BALM

Melissa officinalis



Part Utilized:
Leaf



PROPERTIES:

Sedative, Antimicrobial (strongly)

SYSTEMS AFFECTED:

Nervous, Endocrine/Glandular

POSSIBLE USES:

thyroid issues, rapid heart beat, high blood pressure, skin issues

INGREDIENT IN:

Elderberry Nighttime, NT

GENERAL INFORMATION:

Lemon Balm has been used as far back as the Middle Ages to reduce stress and anxiety, promote sleep, improve appetite, and ease the pain and discomfort of indigestion. As an essential oil Lemon Balm is referred to as Melissa and is one of the strongest antimicrobial oils possible. The question is whether these properties exist only in the oil or in the herb, as well, once it has been dried for medicinal use.

Many people use Lemon Balm for anxiety, sleep problems, and restlessness. Lemon Balm has also been used for ADHD, Graves' disease which involves the thyroid, rapid heartbeat due to nervousness, high blood pressure, skin sores, and insect bites.