Lemon Verbena

Lemon Verbena relieves anxiety and stress, and supports us during transitions of all kinds. Lemon Verbena strengthens our focus, aids in concentration, and stimulates brain function. It loosens phlegm, clears congestion, reduces fevers, and boost the immune system so it is useful during colds or flus. It is considered a "neuroprotective" essential oil because it protects the neurons from damage. Lemon Verbena helps to clear the liver of congestion, aids with heart palpitations, and helps maintain normal blood pressure levels.

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