

### **Lemon Balm – Melissa officinalis**

Parts Used – Organic Leaves

Origin – Albania | Made in Colorado

Planetary Influence - Jupiter

Day of the Week - Thursday



Lemon Balm perennial herbaceous plant that belongs to the mint family. It is native to South Central Europe, the Mediterranean, and Central Asia. It is a delicately scented herb. It has a sedative and calming effect.

Properties: Antispasmodic, calming and uplifting, tonic and antihistamine

#### Uses

- Colds & flus – promotes sweating and combats fevers
- Anxiety
- Depression
- Headaches including migraines
- May reduce high blood pressure
- May be good for shock as it calms rapid breathing
- May lessen tooth pain
- Calms & regulates menstrual cycle
- Eczema – internal or external
- Dementia

***Side Effects are generally mild but may cause headaches, an increase in body temperature, nausea, vomiting, stomach pain, dizziness, wheezing, skin irritation, allergic reaction, or urinary irritation***

***Consult doctor if you are on glaucoma medications, thyroid medications, barbiturates, sedatives or drugs that affect serotonin***

***If you have a medical emergency, please contact your health care professional.***

***Please confer with your health care professional before taking.***

***Not all of the uses listed above have been subject to modern clinical studies.***