



## Lemon Balm INFUSION

### MENTAL STRESS

Agitation and insomnia

NPN 80030199

Ingredient			
Lemon Balm	leaf	<i>Melissa officinalis</i>	Organic

#### DOSAGE

**INTERVENTION:** 3-5 cups per day for 2 weeks.

**TREATMENT:** 3-4 cups per day, as needed.

#### DIRECTIONS FOR USE

Pour 1 litre of boiling water over 2 tbsp of herbs, cover and let steep 15 minutes. Filter.

#### MODE OF ACTION

As a nerve tonic and digestive herb, lemon balm calms nervous tension and the digestive troubles that it causes. It relieves nervous troubles such as anxiety, agitation and stress. As it acts on the limbic system and inhibits the degradation of GABA, lemon balm reduces irritability and improves the mood. It decreases corticosterone levels and reduces heart palpitations and migraine linked to stress. Lemon balm's efficiency has been demonstrated (sometimes combined with other herbs) to decrease sleep difficulties due to stress and anxiety. Lemon balm supports cognitive functions and memory, it calms the spirit and promotes mental clarity. It is a neuroprotector and mildly antidepressant.

As a carminative, *Melissa officinalis* has a relaxing effect on the gastro-intestinal tract. It relieves digestive troubles due to nervous conditions, indigestion, dyspepsia, colic and flatulence. Its effect on the peristalsis of the intestines, along with its antispasmodic effect, reduce colic in babies. Lemon balm helps to soothe babies' nervous systems during teething.

Lemon balm is diaphoretic and its essential oils are antiviral and antibacterial. It is used for infections accompanied by fever and in external use to treat Herpes simplex. Its high antioxidant content, particularly phenols, increases the quantity of certain enzymes that slow cellular oxidation.

The combination of its antispasmodic and relaxing effect on the nervous system reduces premenstrual discomfort such as irritability and menstrual cramps. Lemon balm is a TSH antagonist, it is therefore used for hyperthyroidism. It is a circulatory and heart tonic.

Lemon balm contains flavonoids (luteolin, isoquercitrin), volatile oils (citronellal, geranial), polyphenols (rosmarinic acid, caffeic acid), triterpenes (ursolic acid, oleanolic acid), tannins, bitter principles, vitamins and trace elements.

#### HELPFUL ASSOCIATIONS

**GREEN OATSTRAW** infusion for insomnia and nervous troubles.

**ASHWAGANDHA** tincture for stress accompanied by anxiety.

**NERVETOP** for nervousness and agitation.

**DREAMTOP** for insomnia.

**ESTOMIX** for digestive troubles accompanied by gas, bloating.

#### ETHNOBOTANY

**Nervous system:** anxiety, stress, irritability, nervous tension, agitation, mood swings, memory loss, difficulty concentrating, symptoms of mild depression, seasonal depression.

**Digestive system:** gas, bloating, colic, gastric troubles.

**Other:** Grave's disease, hyperthyroidism, migraine, palpitations, viral infection.

#### HISTORY

The medicinal and culinary uses of lemon balm go back 2000 years. Dioscorides was the first to mention the medicinal properties of lemon balm. At that time, it was used to treat pathologies of the nervous system, mental health disorders, cardio-vascular and respiratory diseases. Lemon balm was brought to Britain by the Romans who appreciated its capacity to increase mental clarity, help memory and elevate the spirit. Today, lemon balm is still used in the preparation of *Carmelite Water* by the Carmelite nuns for nervousness and agitation.

#### CONTRA-INDICATIONS

Consult a health care practitioner if insomnia persists for over 3 weeks. Consult a health care practitioner if symptoms persist or worsen. May cause drowsiness in some people.

#### INTERACTIONS

The use of lemon balm with alcoholic beverages, sedative drugs or natural health products with sedative effects is not advised.

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Certified organic ingredients.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

