



# Willow Moon Herbals



## Lemon Balm

**Latin binomial:** *Melissa officinalis* L.

**Description:** Lemon Balm is a lush, green member of the mint family, with a lovely, soothing “Lemon Pledge” smell. Lemon Balm’s lovely white flowers are a favorite with bees, and the calming lemon taste is refreshing as a tea as well as settling to the stomach.

**Uses:** Herbal preparations of this botanical are used to help calm the nervous system, for nervous heart, tension, insomnia and for relaxing spasms of the stomach and intestines. Lemon Balm is a favored herb for a nervous stomach condition when accompanied by burning, heartburn and a feeling of pressure or knots in the stomach. Used in combination with meadowsweet, marshmallow root and licorice root to relieve digestive upset, to help prevent gastric ulcers and for soothing existing ulcers.

Topically, Lemon Balm has antiviral activity to benefit oral, ophthalmic or genital herpes or shingles. Having mild systemic activity when used orally as a liquid extract or tea, combine with other antiviral botanicals (such as basil, thyme, etc) to assist in suppressing systemic viruses such as Epstein Barr or HPV.

Lemon Balm also acts as a mild thyroxin inhibitor and can have benefit for Grave’s disease and hyperthyroidism.

**Dosage:** Make an infusion with one tablespoon of the dry leaves and tops for every cup of water and drink 2 to 3 cups a day. The fresh leaves can also be steeped for a delightfully refreshing summer beverage.

**Caution:** Folks with hyperthyroidism should use in moderation and infrequently.

*Sources: The Green Pharmacy, Herbal Remedies for Dummies, A Modern Herbal, CHS class notes.*

*Note: Any remedies listed on this web site are from historical references and used for teaching purposes only. The contents are not meant to diagnose, treat, prescribe, or substitute consultation with a licensed health-care professional.*

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