

Lemon Balm

Melissa officinalis

Energetics—mild sedative, mild antiviral and diaphoretic

Taste—cooling, sour

Tissue State—Heat Excitation

Organ Affinities—nervous system (sympathetic excess), *hyperthyroidism*, heart

Part Used—leaf and flower (no stems) harvested in early flowering—use FRESH (useful oils off-gas in the drying process, making dried leaf much less effective)

Tincture of fresh herb 1:2 (one part herb by weight to 2 parts menstruum by volume), or use fresh leaves in tea

Uses

- +Gently sedative and calming, for nervousness in adults or overexcited children
- +recent colds and fevers
- +Useful in sympathetic nervous system excess, hyperadrenalism or hyperthyroid
- +nervousness, depression, anxiety, insomnia, bipolar disorder, ADD and ADHD in children and adults
- +debility and weakness of nervous origin
- +acute febrile conditions in children
- +dyspepsia, upset stomach, flatulence
- +anxiety, palpitations, hyperthyroidism
- +heart palpitations, atrial fibrillation, high blood pressure, associated with nervousness
- +hot flashes
- +fever
- +applied externally (tea or tincture) for burns, blisters, herpetic sores, stings

Contraindications—long term use is not recommended due to its tendency to suppress thyroid function (that's why it's useful in over-active thyroid)—may interact with sedative or thyroid medications

From WebMD: Lemon balm is **LIKELY SAFE** when used in food amounts. It's **POSSIBLY SAFE** in adults when used in medicinal amounts short-term. It's been used safely in research for up to four months.

Sources: WebMD, [Making Plant Medicine](#) by Richo Cech, and [The Practice of Traditional Western Herbalism](#) by Matthew Wood