



LUXURY OF FREEDOM

Benefits of Lemon Balm



Common balm or Lemon balm is a perennial herb from the mint family. The leaves have a mild lemon aroma and are mostly used for medicinal purposes. The herb is also known for its calming purposes. Thus, many also use the herb to help with anxiety, sleep problems, and restlessness. Read on to find out why you should include lemon balm in your next meal...

Calm Your Mind

Lemon balm has been used for centuries as a popular oil in aromatherapy. It is said that the pure, sweet aroma of the oil promotes a feeling of relaxation and calm. Lemon balm also encourages a more restful sleep, according to some research. A placebo-controlled trial found menopausal women suffering with sleep disruptions reported much better sleep after taking a lemon balm/valerian extract compared to those taking the placebo.

Sharpen Your Memory

Young or old, those taking lemon balm show improvements in problem-solving skills and recall. Though preliminary, patients suffering from Alzheimer's disease have seen improvements based on several recent studies. Another study noted lemon balm suppresses brain chemical acetylcholinesterase which breaks down the brain-signaling chemical acetylcholine which is responsible for memory and thought. This action helps stimulate and support memory and mood.

Help The Liver

The liver clears toxins from the body, so keeping it healthy means keeping your entire body healthy. Over time, the process of detoxification can wear down the liver and lead to liver damage. This is especially true if you are eating a diet that is less than ideal. In one trial using animal models, lemon balm proved as effective as a liver drug in protecting the organ from the damaging effects caused by toxins.



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Below we offer a delicious recipe that offers you brain health and a great night's sleep. Enjoy our star, Lemon Balm!

Relaxing, Tummy Soothing Tea

Ingredients:

- Lemon Balm Leaves, to taste
- Hot Water
- Honey, to taste
- Patience

Make a relaxing, tummy soothing tea - Fill a jar with fresh leaves. Pour simmering hot water into the jar then cover the top with a saucer so that none of the vapors escape. Let steep until cool enough to drink. Sweeten to taste.

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