PERFECT HERBS

Herb Monograph Latin Name: Melissa officinalis

Common Name: Lemon Balm

Primary Action	nervine
Secondary Actions	antiviral, carminative
System Affinities	CNS
Conditions Treated	anxiety, herpes, insomnia
Constituents	polyphenolics, terpenes/monoterpenes, volatile oils
Tincture Daily Dose	6 mL to 18 mL
Tea Daily Dose	6 g to 12 g
Parts Used	dried herb, or 12–24 g fresh herb infused hot for 20–40 minutes
Can Be Substituted With	Matricaria recutita (chamomile)
Pairs Well With	Nepeta cataria and Matricaria recutita as calming nervines for kids, and as carminatives for bloating and Lavendula officinalis, Calendula officinalis for anxiety with associated depression and Hypericum perforatum and Glycyrrhiza glabra as topical oil for herpes infections and Lycopus virginicus for mild-moderate hyperthyroid conditions

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