

# KNF-7



## FIELD MANUAL

# Botany Bunker Report

BBR 001 - Lemon Balm



KNF7Botany001

# Lemon Balm

## *Melissa officinalis*

Aromatic and cooling member of the Lamiaceae (mint) family, used for food, medicine, and magic.

### Top Uses:

- Aids sleep and lessens stress (gentle nervine)
- Helps with indigestion, gas, and bloating
- Tonic for overworked heart or high blood pressure
- Expectorant for colds, flu, and coughs
- High in antioxidants and supports immune health
- Traditionally used for depression and melancholy

**Parts Used:** Leaves - best when fresh!

**Contraindications:** Avoid if taking thyroid medication

**Prep Options:**

- Infuse in teas or spirits
- Cold sore or lotion balm
- Herbal honey or vinegar
- Herbal smoke blend

# LEMON BALM RECIPES

## Lemon Balm Tea

Steep 1-2 tablespoons dried leaves in 1 cup of boiling water for 10-15 minutes.

**Usage:** Enjoy hot or cold, optionally with honey. Used for stress, sleep, digestion, headaches, and colds.

## Lemon Balm Tincture

Fill a jar halfway with dried leaves and cover with 80 to 100 proof alcohol. In a cool dark place, and shake few times a week, for 4-6 weeks, strain.

**Usage:** Take  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon diluted in water up to 4 times daily. As a potent remedy for nervousness and anxiety

## Tranquil Syrup

Place a cup of lemon balm leaves in jar, cowith equal partss lemon, juice and honey. Let it sit over night, strain, then refrigerate.

# Field Log

Date Mixed	Ingredients Used	Effectiveness Notes	Next Batch Changes

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### Herbal Reference Vault



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