



EVERYTHING HERBAL

by Cheryl Jabz



LEMON BALM

Health Benefits

Lemon balm is a fragrant herb from the mint family known for its light lemon scent and calming properties. It has been used for centuries to support relaxation, digestion, and overall wellness.

*Like sunshine in leaf form—bright, uplifting, and quietly powerful.
It calms your mind, soothes your body, and lifts your mood.*



1. Promotes Relaxation & Better Sleep

Lemon balm helps calm the nervous system, making it useful for reducing stress, anxiety, and insomnia.



2. Supports Mood & Focus

It may improve mood, mental clarity, and reduce feelings of restlessness.



3. Aids Digestion

Traditionally used to ease bloating, gas, and indigestion.



4. Antiviral & Immune Support

Contains compounds that may help fight viruses—commonly used for cold sores and minor infections.



5. Heart & Stress Support

May help lower blood pressure and support heart health by reducing stress-related tension.

EASY WAYS TO ENJOY LEMON BALM



Brew as a soothing tea
—perfect any time of day.



Infuse in honey for a
calming, herbal sweetness.



Add to summer drinks
for a refreshing, uplifting
twist.



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