



BUBBIE'S *Did You Know...* HERBAL FACT

Lemon Balm and Stress Relief

A 2021 systematic review of 11 randomized controlled trials with 865 participants found that lemon balm (*Melissa officinalis*) significantly reduced symptoms of stress and anxiety and improved mood compared with placebo.

Promising short-term evidence

Stress reduced • Anxiety improved • Mood enhanced

Evidence quality was rated moderate; more high-quality studies are needed to confirm long-term benefits.

SUPPORTING EVIDENCE

Salehi et al., Journal of Affective Disorders (2021)
pubmed.ncbi.nlm.nih.gov/34416818

Bible Verse

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

Philippians 4:6 (ESV)

BUBBIE'S Herbal Tea Recipe Lemon Balm Calming Tea

INGREDIENTS

- 2 cups water
- 2 tbsp fresh lemon balm leaves (or 2 tsp dried)
- 1 tsp honey, optional
- 2 slices lemon, optional

DIRECTIONS

Bring water just to a boil and remove from heat. Add lemon balm leaves. Cover and steep 7–10 minutes. Strain, add honey and lemon if desired. Sip slowly and breathe deeply. Makes 2 cups.

A soothing cup to help you unwind and lift your spirit.

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