



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

### Lemon Balm and Stress Support

A 2014 systematic review of 7 randomized controlled trials found that lemon balm (*Melissa officinalis*) may help reduce anxiety and improve mood, with significant benefits in mild to moderate anxiety.

#### Promising short-term evidence

**Helps reduce feelings of anxiety • Supports a calmer mood  
May improve sleep quality • Supports mental focus**

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

#### SUPPORTING EVIDENCE

Slee et al., *Phytotherapy Research* (2014)  
Systematic Review of 7 Randomized Controlled Trials

#### Bible Verse

“Cast all your anxiety  
on Him because  
He cares for you.”

*1 Peter 5:7 (NIV)*

### BUBBIE'S Herbal Tea Recipe Lemon Balm Calm & Happy Tea

#### INGREDIENTS

- 2 cups water
- 2 tbsp dried lemon balm leaves
- 1 tsp dried chamomile flowers (optional)
- 1 tsp honey (optional)
- Slice of lemon (optional)

#### DIRECTIONS

Bring water to a boil.  
Add lemon balm (and chamomile if using).  
Simmer 5–10 minutes.  
Strain and add honey and lemon if desired.  
Sip warm and enjoy a calmer, happier you!

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