

Good
Herbs
Good
Days



BUBBIE'S *Did You Know?*

SIMPLE HERBS ♥ BRIGHTER DAYS

LEMON BALM and Stress Support

A 2021 systematic review and meta-analysis of 13 randomized controlled trials found that lemon balm (*Melissa officinalis*) may help reduce symptoms of stress and anxiety, improve mood, and support better sleep, particularly in periods of mild to moderate stress.

Promising short-term evidence

- May help reduce stress and anxiety
- Supports a calmer mood
- May improve sleep quality
- Has antioxidant and neuroprotective properties

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

Bible Verse

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

1 Peter 5:7 (NIV)

Herbal
Moments
Happier
Days



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BUBBIE'S Herbal Tea Recipe *Lemon Balm Calm Mind Tea*



INGREDIENTS

- 2 cups water
- 1-2 tbsp dried lemon balm leaves (or 2-3 tbsp fresh)
- 1 tsp honey (optional)
- Slice of lemon (optional)

DIRECTIONS

1. Bring water to a boil.
2. Add lemon balm leaves, cover and steep 5-10 minutes.
3. Strain, add honey and lemon if desired.
4. Sip slowly and feel the calm!

*A calmer mind
brighter days*



A
Calmer You
A Kinder
Tomorrow



*Sometimes
a cup of herbs
is all you need*



PLANT
KINDNESS
GROW
WELLNESS



Herbs

Health

Happiness

Home

Always