




HERBAL ALLIES FOR SEXUAL ASSAULT SURVIVORS



The ideas in this zine are not medical advice. No state or federal authority licenses herbalists in the United States, so this information is for educational purposes only. Everyone's body is different, so the remedies here may or may not apply directly to you.

We hope that they'll give you some good information to think about and to research further.

Good health is your own personal responsibility. The final decision when considering any course of therapy, whether it's been discussed in a zine or prescribed by your physician, is actually yours.

weedsanddeeds.com



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& DEEDS**



HERBAL STRATEGIES FOR
MANAGING THE THE
SYMPTOMS OF TRAUMA



HERBAL STRATEGIES FOR MANAGING
THE SYMPTOMS OF TRAUMA

INDIGENOUS VOICES

Molly of Denali Virtual Museum

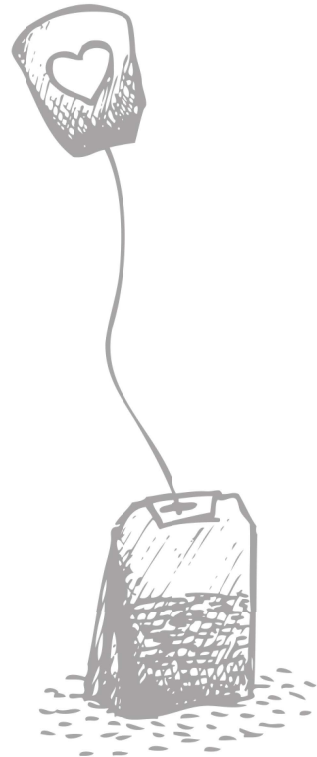
WFSU Education's Haley Babcock and Muscogee Tribe of Florida's Storyteller & Tradition Keeper Misty Penton discuss the work and collaboration that went into creating WFSU's first ever virtual museum, which combines materials from the PBS Kids Show Molly of Denali and information on the Muscogee Tribe of Florida.

<https://wfsu.org/local-routes/2021-01-21/molly-of-denali-virtual-museum/>

Virtual Nature Walk with Misty Penton

<https://youtu.be/n9OnA5o1B-Y>

Photo: Atop a mound built by indigenous peoples believed to be the direct ancestors of the Apalachee who later established nearby Ahnaica. This location can be found under the colonizer designation of "Lake Jackson Mounds Archaeological State Park."



HERBAL PREPARATIONS



A TEA

is made using a tablespoon of fresh or dried herb per cup of boiled water. You use mainly the aerial parts and steep for 5-20 minutes, covered. Usually you are trying to extract essential oils when you make a tea. Common herbal teas are aromatic plants, including: mint, chamomile, lavender, and ginger.



A DECOCTION

is made of roots, leaves, and berries. You simmer these tougher plant parts for 20-40 minutes or more in order to extract their constituents. Good plants to decoct include: most barks, roots, and elderberries.



A NOURISHING HERBAL INFUSION

is made from 1 ounce of dried herb per quart of boiling water and steeped for a minimum of 4 hours. This method extracts the most minerals from nourishing plants. Good herbs for nourishing herbal infusions include: nettles, red clover, and oatstraw.

TINCTURES

are a concentrated and convenient form to take an herb, and they have a long shelf life. Tinctures are dosed by the dropperfull.



FOLK METHOD For cut up fresh plant material, fill a jar to the top, packing it in well but not too hard. Go for a fairy mattress consistency. Fill to the top with a 80+ proof alcohol and allow to steep for 4-6 weeks. For dried plant material - fill the jar 1/4 - 1/3 of the way with dried plant material (maybe a little more if it's fluffy) and fill to the top with vodka. Allow to steep for 4-6 weeks.

RATIO METHOD cut up and weigh plant material. Put in a jar and add the appropriate amount of water/alcohol mixture (at your preferred % abv) to achieve desired ratio. For example: if you have 4 ounces of fresh herb in the jar and want to make a 1:2 ratio, add 8 ounces of menstruum.

You can also measure grams: milliliters if you choose. 1:2 is ideal for fresh plant material and 1:5 is common for dried plant material. Folk method often turns out to be 1:5 or more dilute with fresh plant material.

Tallahassee, Florida, where the people who made this zine resided during it's making, was called Anhaica (Strong or elite - Place of) by its ancestral caretakers. "Tallahassee" was mistranslated to mean "old fields" or "old town" and credited to Muscogee. It is now thought the word is Itsate (Hitchiti) Creek and translates to "Town of the Highlanders" more closely resembling the meaning of Anhaica.

We honor and appreciate the Apalachee, Mvskoke, and Creek peoples who are the indigenous people of this land. To learn about the indigenous peoples of where you live, visit native-land.ca. To learn more locally, visit The Wildwood Preservation Society on Facebook & Museum at Fred George Park and Greenway.

WE ARE ON STOLEN LAND.

#LANDBACK



The Apalachee Indians of the Talimali Band are located in Louisiana.

You can learn more about them here:
apalacheetalimaliband.com



The Muscogee Nation of Florida is located in the Florida panhandle.

You can learn more about them here:
mnoffl.com

Eva is a queer, biculturally Latine, licensed clinical social worker working with survivors of sexual violence, particularly with geographically isolated or marginalized communities. They connected to herbalism through their culture, love of nature, and for healing childhood trauma.



Rei is a queer community organizer and communications specialist doing work at the intersection of healthcare, gender, and sexuality. They became passionate about herbalism after becoming aware of the shortcomings of our modern for-profit healthcare systems.



Thank you to Anna, Aun-Drey, and Paco for proofreading, accessibility review, and general feedback.

COMMUNITY GARDENS!



There may be a community garden in your neighborhood where you can get a personal plot or volunteer. This is a great way to meet your neighbors, learn to garden, and help provide herbal remedies in your community. Reach out and ask! Local farmers markets and your county extension office may be a good places to start.

This is at the core of the work Weeds and Deeds does - helping and educating through direct community access to herbal allies.

FORAGING

Local is usually best, and you can't get more local than foraging herbs in your own community.

When foraging, it's important to follow guidelines arounds **safety and ethics**.



TO BE SAFE, KNOW WHAT YOU'RE PICKING.

Don't eat a plant IF you're not **TOTALLY** sure what it is!

GROW YOUR OWN!

If you have a green thumb, growing your own herbs is a great way to have what you need. Even if you don't, some herbs are easier to grow than common vegetables. Many grow in containers or community gardens for folks with limited space.

Seeds and seedlingS are available in nurseries and big box stores. More rare plants can be found online.



TO HELP OUR PLANT ALLIES THRIVE FOLLOW THESE ETHICS FOR SUSTAINABLE HARVESTING

Ask the plant's permission & offer gratitude for what you take.

Never take the first plant you find.

Never take more than 1/3 of the plants in a clump.

Leave at-risk wild plants alone; grow them instead.

FINDING HERBS

Notes on the accessibility to herbal remedies in our communities

Herbal remedies can be really accessible OR they can be expensive and hard to get. It really depends on the herb and the resources where you live.

GROCERY STORES



Many powerful herbs are readily and cheaply available in grocery stores as cooking spices. Spices like cinnamon, cayenne pepper, oregano, and many others are abundant & affordable.



Grocery stores also sell herbal teas that contain medicinal herbs. They vary in price from \$2 up to \$10 or more depending on the brand. For therapeutic use, you want to make the tea stronger than instructed. Usually use two tea bags instead of one. **Many herbs in this zine are available as bagged teas!**

BULK HERBS



Local grocery co-ops, organic food stores, ethnic groceries, and metaphysical shops may sell bulk herbs. These are herbs sold loose, and by weight. This is often a great way to buy herbs that are highly specialized or exotic and can only be found in specialty stores or online. In this zine, ashwagandha is an example.

LOOSE TEA

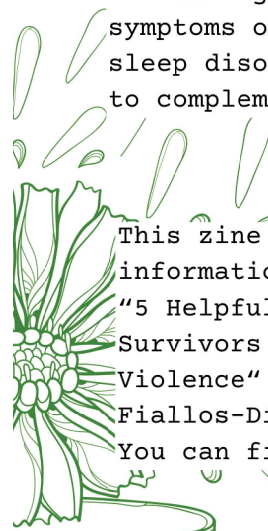
If you're buying herbs in bulk or from a specialty shop, you are probably getting them loose. This is great for mixing your own blends but also means you need to do more to brew your tea. There are lots of tea strainers available in all different shapes and sizes.



HELPFUL PLANTS FOR SURVIVORS OF SEXUAL VIOLENCE

BY EVA FIALLOS-DIAZ, LCSW

Herbs can serve as powerful allies in the process of healing from sexual violence. Many of the symptoms of trauma, like anxiety, depression, and sleep disorders, can be minimized by adding herbs to complement your care routine.



This zine is based on information from the article "5 Helpful Plants for Survivors of Sexual Violence" written by Eva Fiallos-Diaz in April 2021. You can find it here

SCAN

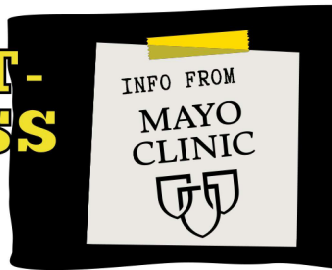


weedsanddeeds.com/5-helpful-plants-for-survivors-of-sexual-violence



Some of the information in this zine is regionally specific to North Florida and South Georgia. The further you are from this area, the less relevant some of it may be.

TRAUMA AND POST-TRAUMATIC STRESS DISORDER (PTSD)



Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event – either experiencing it or witnessing it.

Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better. If the symptoms get worse, last for months or even years, and interfere with your day-to-day functioning, you may have PTSD.

The herbs in this zine can help with the symptoms of trauma and PTSD as part of a broader treatment or to reduce harm and distress if other options are not accessible to you.

SYMPTOMS

Symptoms may start soon after a traumatic event, but sometimes symptoms may not appear until years after the event. These symptoms cause significant problems in social or work situations and in relationships. They can also interfere with your ability to go about your normal daily tasks.

Symptoms can vary in intensity over time. You may have more when you're stressed in general, or when you come across reminders of what you went through.

PTSD symptoms are generally grouped into four types.

INTRUSIVE MEMORIES

- Recurrent, distressing memories of the event
- Reliving the event as if it were happening again (flashbacks)
- Upsetting dreams or nightmares

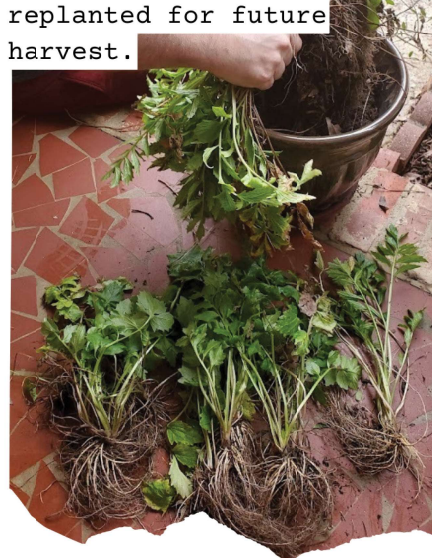
AVOIDANCE

- Trying to avoid thinking or talking about event
- Avoiding places, activities or people that remind you of it

WHERE TO FIND:

Some grocery stores, health food stores, and pharmacies will have valerian teas and supplements. As tea, it's usually part of a sleep blend. The root has a pungent smell & flavor and is often included with other herbs to improve its taste.

Seeds can be ordered online from specialty seed producers or possibly found at local nurseries. They are easy to grow and can be grown in a garden or landscape. The root is harvested from two-year-old plants in the Fall or Spring. By this time, each plant will have produced small "pups" near the parent plant that can be replanted for future harvest.



PARTS USED:

roots



To make tea, steep 1 tsp in 8 oz near-boiling water for 10-15 minutes. Drink up to four times a day.

To make a tincture, cover the dried herb in a 40-60 proof alcohol. Keep in a dark place and shake regularly for 30-60 days. Take 1-2 droppers up to three times a day.

LINKS TO LEARN MORE:



WebMD



- <https://www.webmd.com/diet/holy-basil-tea-health-benefits>
- <https://pfaf.org/User/Plant.aspx?LatinName=Ocimum+tenuiflorum>

VALERIAN ROOT

(*Valeriana officinalis*)

The extract of the root of valerian (*Valeriana officinalis*), a flowering plant, has been widely used to treat sleeping disorders in Europe for decades. The available evidence suggests that valerian might improve sleep quality without producing side effects. A 2015 review from Harvard Medical School contends that of 12 traditional herbs used to treat anxiety (including hops, gotu kola, and ginkgo), valerian was the "most promising candidate" for treating anxiety associated with bipolar disorder. It is often combined with lemon balm. Valerian is also used for conditions connected to anxiety and psychological stress but there isn't much available research on those uses.

CAUTIONS:

Valerian is considered safe when used in medicinal amounts short term. Clinical research has reported safe use of valerian for medicinal purposes in over 12,000 people in studies lasting up to 28 days.

Valerian is a stronger herbal sedative; plan not to drive after taking it until you know how it affects you.



SCAN



Scan to get more info about PTSD from the Mayo Clinic.

If you or someone you know has suicidal thoughts, get help right away through one or more of these resources:

WHEN TO GET HELP:

If you have disturbing thoughts and feelings about a traumatic event for more than a month, if they're severe, or if you feel you're having trouble getting your life back under control, talk to a doctor, a mental health professional or access any community resources you can for help.

Reach out to a close friend or loved one.

Contact a minister, a spiritual leader or someone in your faith community.

In the U.S., call or text 988 to reach the Suicide & Crisis Lifeline

Make an appointment with a doctor or a mental health professional.

NEGATIVE CHANGES IN THINKING AND MOOD

- Negative thoughts about yourself, people or world
- Hopelessness about future
- Memory problems, including not remembering parts of the event
- Difficulty maintaining close relationships
- Feeling detached from family and friends
- Lack of interest in activities you once enjoyed
- Difficulty experiencing positive emotions
- Feeling emotionally numb

CHANGES IN PHYSICAL+ EMOTIONAL REACTIONS

- Being easily startled or frightened
- Always being on guard for danger
- Self-destructive behavior, such as drinking too much or driving too fast
- Trouble sleeping
- Trouble concentrating
- Irritability, angry outbursts or aggressive behavior
- Overwhelming guilt or shame

ASHWAGANDHA ROOT

(*Withania somnifera*)

Ashwagandha is best known as one of the main herbs in Ayurveda, the traditional medicine system native to India. **Ashwagandha acts as a remedy to soothe the nervous system and reduce anxiety (adaptogen).**

Studies have demonstrated the herb reduces levels of the stress hormone, Cortisol, and has powerful stress-relieving properties which act as a natural sedative.

Ashwagandha has other health benefits as well. **It can ease fatigue and tension.** It acts as a potent antioxidant to boost the immune system. It increases mental alertness, improves memory and concentration, balancing out energy levels as it promotes better endurance.

CAUTIONS:

No serious adverse effects were reported in the studies. Large doses of ashwagandha might cause stomach upset, diarrhea, and vomiting. There is some evidence it might cause miscarriage, lower blood sugar levels, decrease blood pressure, may activate immune function (people with autoimmune diseases should avoid it), slow down the central nervous system, and might increase thyroid hormone levels.

PARTS USED:

leaves, stems
& flowers

WHERE TO FIND:

Holy basil teas and supplements are available at some health food stores and pharmacies. You will often find tulsi as part of a stress or adaptogen blend.

Seeds are commonly available at nurseries and online. They are easy to grow and can be grown in a garden, landscape, or container. Holy basil is an annual but will often re-seed and come back every spring.

To make tea, steep 1 tsp in 8 oz near-boiling water for 5-15 minutes. Drink up to four times a day for up to a week.

To make a tincture, cover the dried herb in a 40-60 proof alcohol. Keep in a dark place and shake regularly for 30-60 days. Take 1-2 droppers up to three times a day for up to a week.

WebMD

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LINKS TO LEARN MORE:



- <https://www.webmd.com/diet/holy-basil-tea-health-benefits>
- <https://pfaf.org/User/Plant.aspx?LatinName=Ocimum+tenuiflorum>

TULSI AKA. HOLY BASIL

(Ocimum tenuiflorum)

CAUTIONS:

Holy basil is a common herb in Chinese and Ayurvedic medicine, known to help skin, respiratory, gastrointestinal, and joint conditions. As an adaptogen herb, holy basil can help reduce mental stress that comes from physical, environmental, and emotional triggers. Holy basil may have a **direct influence** on cortisol **stress hormones** that circulate in the blood.

Some individuals may have a sensitivity or allergic reaction. Information regarding safety and efficacy in pregnancy and lactation is lacking.

This herb may affect fertility, lowering sperm count and mobility. If you're taking blood-thinning medication, avoid taking holy basil because it may result in bruising or bleeding. Avoid holy basil before surgery.



**PARTS
USED:**

roots

WHERE TO FIND:

Ashwagandha is not easy to grow and is not as commonly found in grocery stores. That makes it less accessible than other herbs in this zine. It can sometimes be found in ethnic groceries, health food stores, and pharmacies in pill or extract form. Dried root can only be purchased online or from a specialty store that sells bulk dried herbs. If you do have the means to get it, this herb is powerful and a good ally.

To make tea, simmer 1 tsp dried roots in 16 oz boiling water for 15-30 minutes. The water should reduce by half. Drink up to three times a day.

To make a tincture, cover the dried roots in a 40-60 proof alcohol. Keep in a dark place and shake regularly for 30-60 days. Take 1-2 droppers, 3-5 times a day.

Also available commercially as powders, extracts, and pills.

LINKS TO LEARN MORE:



Memorial Sloan Kettering
Cancer Center



National Center for
Complementary and
Integrative Health



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- <https://www.mskcc.org/cancer-care/integrative-medicine/herbs/ashwagandha>
- <https://www.nccih.nih.gov/health/ashwagandha>
- <https://pfaf.org/user/Plant.aspx?LatinName=Withania+somnifera>

CHAMOMILE

(*Matricaria recutita*)

The one time we had chamomile grow in Tallahassee. You might have better luck.

Chamomile has been used as an herbal medication since ancient times, is still popular today and probably will continue to be used in the future because it contains various bioactive phytochemicals that could provide therapeutic effects.

Chamomile can help to improve cardiovascular conditions, stimulate the immune system, lower inflammation (particularly gastrointestinally and topically on the skin), **calm anxiety and promote sleep through its sedative qualities**, heal wounds, and provide some protection against cancer.

CAUTIONS:

Safe when taken in amounts found in food. A relatively low percentage of people are sensitive to chamomile and develop allergic reactions. People **sensitive to ragweed and chrysanthemums** or other members of the Compositae family are more prone to develop contact allergies to chamomile, especially if they take other drugs that help to trigger the sensitization. It can cause vomiting in large amounts. German chamomile might also act like estrogen in the body and **can worsen hormone-sensitive conditions** such as breast cancer, uterine cancer, ovarian cancer, endometriosis, or uterine fibroids.

WHERE TO FIND:

Passionflower supplements can be found in health food stores and pharmacies. Pure passionflower tea is uncommon but it's included in many sleep and bedtime tea blends, often alongside chamomile, lavender, and valerian.

Maypop is a perennial vining wildflower native to the southern United States. They have a striking complex flower that makes them easy to identify when in bloom. Maypops have lighter purple flowers compared to other non-edible passiflora species.

PARTS USED:

leaves, stems & flowers

It can be foraged from large groups of plants without much impact as the vines grow back readily when damaged. The vine is a host plant for four types of butterflies and gets devoured down to the stem by caterpillars every Fall. It can also be grown easily from cuttings or seeds. Passionflower seeds are large and can't be dried so they need to be planted directly from ripe fruits. Doesn't grow well in a container and needs a trellis.

LINKS TO LEARN MORE:



Memorial Sloan Kettering Cancer Center



National Center for Complementary and Integrative Health



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- <https://www.mskcc.org/cancer-care/integrative-medicine/herbs/passionflower>
- <https://www.nccih.nih.gov/health/passionflower>
- <https://pfaf.org/user/Plant.aspx?LatinName=Passiflora+incarnata>

PASSIONFLOWER AKA. MAYPOP

(Passiflora incarnata)



This herb's recorded use as a sedative goes back to the indigenous people of the southern United States. Taken as a tea or tincture, passionflower can **relieve general anxiety** and **help with insomnia**.

Juliet Blankespoor with the Chestnut School for Herbal Medicine suggests, "The mandala-like flower demonstrates the powerful signature of its use in **circular thinking**," and is good for "folks who have a hard time letting things go."

Additionally, the plant has **anti-inflammatory** and **anti-seizure** properties. It also may have some benefits for those with **ADHD**.

To make tea, steep 1 tsp in 8 oz near-boiling water for 10-15 minutes. Drink up to three times a day.

To make a tincture, cover the dried herb in a 40-60 proof alcohol. Keep in a dark place and shake regularly for 30-60 days. Take 1-2 droppers up to three times a day.

CAUTIONS:

Be careful taking passionflower if you are on **anti-anxiety pharmaceuticals** which may have similar effects. Do not take it if pregnant as it may cause uterine contraction and behavioral dysfunction in offspring.

There are other varieties of passionflower that are not edible and **possibly toxic**.

WHERE TO FIND IT:

Chamomile tea is very common and can be found in most grocery stores. You can get it by itself or as part of many sleep and stress blends.

The two common species of the Asteraceae family used as herbal infusions (tisane or herbal tea) are Matricaria chamomilla, often called "German chamomile" or "Water of Youth," and Chamaemelum nobile (Roman, English, or garden chamomile).

To make tea, steep 1 tsp in 8 oz near-boiling water for 5-15 minutes. Drink up to four times a day.

PARTS USED:

flowers

Both can be grown in most temperate climates and German chamomile seeds are readily available from nurseries and big box stores. **It's a challenge to grow in the Florida heat and humidity**. They can be grown in a garden, landscape, or container. Some locals have had success in insulated prairie-like conditions.

To make a tincture, cover the dried herb in a 40-60 proof alcohol. Keep in a dark place and shake regularly for 30-60 days. Take 1-2 droppers up to three times a day.

LINKS TO LEARN MORE:



Memorial Sloan Kettering
Cancer Center



National Center for
Complementary and
Integrative Health



- <https://www.mskcc.org/cancer-care/integrative-medicine/herbs/chamomile-german>
- <https://www.nccih.nih.gov/health/chamomile>
- <https://pfaf.org/user/Plant.aspx?LatinName=Chamaemelum+nobile>

LAVENDER

(Lanvandola)

Lavender is traditionally believed to have a variety of therapeutic and curative properties, ranging from **inducing relaxation** to treating parasitic infections, burns, insect bites, and spasm. There is growing evidence suggesting that lavender oil may be an effective medication in the treatment of several **neurological disorders including anxiety, depression, and insomnia.**

CAUTIONS:

The low reporting of adverse reactions implies tolerability and safety with the correct dosing, like food amounts.



It's commonly believed that the flowers are **most effective fresh** though there is no research to confirm this and you can find plenty of recipes for them dried.

PARTS USED:

flowers & bark

To make tea from fresh flowers, steep 2-4 flowers in 8 oz cool water for 30 minutes to an hour. Drink up to four times a day.

To make tea, steep 1 tsp of dried flowers or bark in 8 oz near-boiling water for 5-15 minutes. Drink up to four times a day.

To make a tincture, cover the dried flowers and/or bark in a 40-60 proof alcohol. Keep in a dark place and shake regularly for 30-60 days. Take 1-2 droppers up to three times a day.

WHERE TO FIND:

Mimosa trees bloom in the late Spring, usually in May. They have distinctive pink powder puff flowers that make them easy to identify. The trees can often be found growing on roadsides. Find one that's not too close to a road or contaminated soil. Collect the flowers or cut off small branches to strip the bark. Please don't grow your own since it's invasive and will spread.

Supplements and extracts are available online and in specialty health food stores.

LINKS TO LEARN MORE:



- <https://www.webmd.com/vitamins/ai/ingredientmono-1451/albizia-julibrissin>
- <https://pfaf.org/User/Plant.aspx?LatinName=Albizia+julibrissin>

MIMOSA TREE

(*Albizia julibrissin*)

Mimosa trees, also known as silk trees, are native to Asia and North Africa. They are **invasive** in much of the southeastern United States and were brought here as landscaping trees. Since they are here, we can do our part to keep them under control by using their flowers.

Called the “Tree of Happiness” in Chinese Traditional Medicine, the flowers and bark have long been used as a **mood booster** and a sedative to help manage **depression, mood swings, irritability, anger, and memory issues**.

CAUTIONS:

There is **limited information** on side effects or counter-indications. Some individuals may have a sensitivity or allergic reaction.

Information regarding safety and efficacy in pregnancy and lactation is **lacking**.



WHERE TO FIND:

Lavender teas and supplements are common at most supermarkets, pharmacies, and health food stores. You can get it by itself or as part of many sleep and relaxation blends.

Temperamental to grow, lavenders are divided into four main categories found at nurseries and as seeds. They have similar ethnobotanical properties and major chemical constituents. Certain varieties do much better in the southern United States than others because of the heat and humidity. Seeds and potted plants are commonly available at nurseries and big box stores. They can be grown in a garden, landscape, or container.

PARTS USED:

flowers

To make tea, steep 1 tsp in 8 oz near-boiling water for 5-15 minutes. Drink up to four times a day.

To make a tincture, cover the dried herb in a 40-60 proof alcohol. Keep in a dark place and shake regularly for 30-60 days. Take 1-2 droppers up to three times a day.

Lavender essential oil is also relatively easy to find and can be used for **aromatherapy**.



LINKS TO LEARN MORE:



Memorial Sloan Kettering
Cancer Center



National Center for
Complementary and
Integrative Health



- <https://www.mskcc.org/cancer-care/integrative-medicine/herbs/lavender>
- <https://www.nccih.nih.gov/health/lavender>
- <https://pfaf.org/user/Plant.aspx?LatinName=Lavandula+angustifolia>



LEMON BALM

(*Melissa officinalis*)



CAUTIONS:

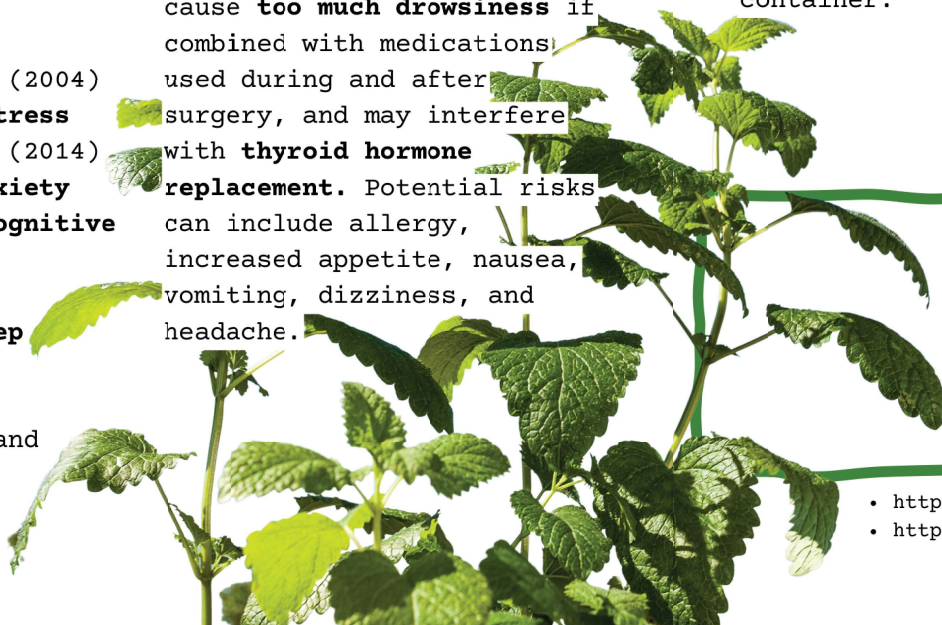
It is recommended that lemon balm be taken with food and its use be **short-term**.

According to WebMD, lemon balm can **lower blood sugar** in people with diabetes, can cause **too much drowsiness** if combined with medications used during and after surgery, and may interfere with **thyroid hormone replacement**. Potential risks can include allergy, increased appetite, nausea, vomiting, dizziness, and headache.

Lemon balm is a lemon-scented herb that comes from the same family as mint. It has traditionally been used to **improve mood and cognitive function**, but the potential benefits don't end there.

A small sample study (2004) found it **decreased stress** and a separate study (2014) indicated **reduced anxiety** and some **increased cognitive function**.

It can also ease **sleep disorders** including insomnia, abdominal discomfort, nausea, and stress headaches.



PARTS USED: leaves & stems



WHERE TO FIND:

Some health food stores and pharmacies will have lemon balm teas and supplements. In addition to finding it by itself, lemon balm is sometimes part of stress and mood-boosting blends.

Seeds are commonly available at nurseries and big box stores. They are easy to grow and can be grown in a garden, landscape, or container.

To make tea, steep 1 tsp in 8 oz near-boiling water for 5-15 minutes. Drink up to four times a day for up to a week.

To make a tincture, cover the dried herb in a 40-60 proof alcohol. Keep in a dark place and shake regularly for 30-60 days. Take 1-2 droppers up to three times a day for up to a week.

LINKS TO LEARN MORE:

WebMD



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- <https://www.webmd.com/vitamins/ai/ingredientmono-437/lemon-balm>
- <https://pfaf.org/user/plant.aspx?latinname=Melissa+officinalis>