

*Things To Make With*  
**LEMON BALM**



*Jan Berry*

# THINGS TO MAKE WITH LEMON BALM

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## ABOUT THE THINGS TO MAKE SERIES

When I first started gardening, I loved buying and planting an assortment of herbs and flowers from my local garden center.

The problem was, once these plants were grown, I didn't really know what to do with them! I felt like I should put some of them, especially the herbs, to good use, but I just didn't know how.

I created this series of ebooks to help give you ideas of pretty, practical, and useful things you can make from the plants growing right in your yard and garden.

In this book, you'll learn about things you can make with lemon balm. Other ebooks in the series will feature mint, roses, lavender, rosemary, and more.

You can see a full listing of all of my ebooks, at <http://thenerdyfarmwife.com/ebooks>. If you want to stay informed about when my next book will come out, make sure you're signed up for my monthly newsletter [HERE](#).

I hope you enjoy!



## ABOUT LEMON BALM

Lemon balm (*Melissa officinalis*) is a prolific herb, found in many home gardens. Not only is it easy to grow and great for attracting beneficial bees to your garden, but it's also:

- \* Anti-Viral
- \* A Calming Sedative
- \* Soothes Bug Bites & Skin Irritations, Such As Chicken Pox
- \* Stops Stomach Spasms
- \* Induces Sweating To Break A Fever
- \* Has Mild Antihistamine Action
- \* Useful In Homemade Bug Repellants
- \* Could Improve Mental Function & Memory

Because of its inhibitory effect on thyroid function, those with severe hypothyroidism (under active thyroid) should check with a doctor before using medicinal amounts of lemon balm.

If you develop an allergy or sensitivity to lemon balm, discontinue use promptly.

If you're pregnant, nursing, suffer from any chronic conditions, or have medical concerns or questions, please consult a qualified health care professional for further guidance.