

14 Carrots Natural Foods Co-op

New London Shopping Center
Newport Rd
New London, NH 03257
(603)526-2323

Hours: Mon, Tues, Wed: 9-5:30
Thurs & Fri : 9-6:00
Sat : 9-5:00
Sun : 11-3:00

Nutritional Information: Linda Howes, Certified Nutritionist

The Nutritional Tidbit

More than half of all adults experience insomnia at least a few nights each week. It may manifest as difficulty falling asleep, staying asleep, or a poor quality of sleep. Few of us can afford a loss of even a few hours of sleep for the impact on quality of work, relations with others, increased risk of injuries, and exacerbating health problems. Lemon Balm, *Melissa officinalis*, has wonderful benefits that include mild sedation for sleep, strong antibacterial, and antiviral properties, and long-term memory benefits.

Lemon Balm has been used by herbalists for hundreds of years. Believed to be a strengthener of the mind and nervous system, it is a tonic to the heart, nervous and digestive systems and antispasmodic to muscles. It is a sedative, yet uplifting to the spirit.

Avicenna, an 11th century Arab herbalist said "it causeth the mind and heart to become merry." In the 16th century, herbalist John Gerard gave it to students to "quicken the senses". John Hussey of Sydenham, England, who lived to the age of 116, breakfasted for 50 years on balm tea sweetened with honey.

A recent study at Northumbria University published in the journal *Neuropsychopharmacology* suggests that lemon balm has implications for long-term memory and learning. Two studies of lemon balm used in combination with valerian for sleep found it to be as, or more effective than prescribed pharmaceuticals.

A little lemon balm added to your bath or rubbed on your temples at bedtime can be a pleasant way to end your day.

We value your feedback

Heather, your feedback is most helpful. Click [here](#) to send us the following message.

Dear Linda,

Thanks for this info! RE: Sleeping with Melissa.

Heather

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<http://www.14carrotscoop.com> for an update on what we know and have learned in our effort to provide you with better nutritional information.

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The following information is neither a recommendation nor diagnosis for disease. We make no health claims regarding the information presented in the Nutritional Tidbit. The Nutritional Tidbits are a starting point in your interest to be a better informed consumer of natural health products. We look forward to being a resource for you.