



Lemon Balm

Nervine I Love

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*Body into Balance &
Grow Your Own Herbal Remedies*

Allenstown, NH | www.WintergreenBotanicals.com





Maria's MOST Popular
Home Herbalist Series

Now Open for Registration

Thur Nights June – August 2022
In Person *and* Live Streamed

Limited 25 Remedy Kits!
Limited to 12 in-person seats!



BODY^{INTO} BALANCE

AN HERBAL GUIDE TO HOLISTIC SELF-CARE



Restore Gut Health

Calm the Nervous System

Boost Immunity

Detoxify

Reduce Inflammation

Increase Vitality

MARIA NOËL GROVES

GROW YOUR OWN HERBAL REMEDIES

HOW TO CREATE
A CUSTOMIZED HERB GARDEN
TO SUPPORT YOUR HEALTH & WELL-BEING



MARIA NOËL GROVES

Best-selling author of *Body Into Balance*

On My Website & Mailing List

- Info on my classes, consults, books (of course!)
- Seasonal recipes
- Virtual herb walk
- Recommended books, websites
- Where to get herbs
- Free class notes and videos
- Blog full of articles

WintergreenBotanicals.com



*Welcome to Wintergreen Botanicals
Good Health Grows in Nature*

Maria's Safety Rules

Disclaimer: I am not a doctor and this information is meant to educate, not diagnose or prescribe. Discuss herbs and supplements with your healthcare provider before beginning a regimen.

- **Research:** Consult at least THREE good resources for uses/cautions before taking an herb.
- **Listen to Your Body & Intuition** to guide you on which herbs to take and determine which ones do or don't work well for you.
- **Ensure the Identity 100%** before harvesting a plant.
- **Check with Your Pharmacist or Herbalist** for herb-drug Rx, and keep your doctor informed.



What Happens During Relaxation?

Parasympathetic Nervous System Response

Neurotransmitters: Serotonin, GABA, Norepinephrine

Endocrine Hormones: Melatonin, Noradrenaline

Increased....

- Relaxation
- Repair and regeneration
- Immune function
- Digestive function
- Detoxification
- Blood flow to periphery

Better....

- Mood and sleep quality
- Blood sugar control
- Inflammation response
- Mind body balance
- Reduced risk of most chronic, inflam. diseases
- Overall hormone function



Botanical Medicine Basics Regarding Mood

- Herbs are a *great* tool for the toolbox.
- They work best *alongside* good diet, exercise, and lifestyle habits – deep breathing, exercise, etc.
- Many, *but not all*, herbs are safe alongside medications.
- They may or *may not* be able to replace meds.
- *Never* change medications w/o doctor guidance.
- If a case is complicated or doesn't respond effectively to herbs, seek professional guidance.
- Don't hesitate to add a good therapist to your team!

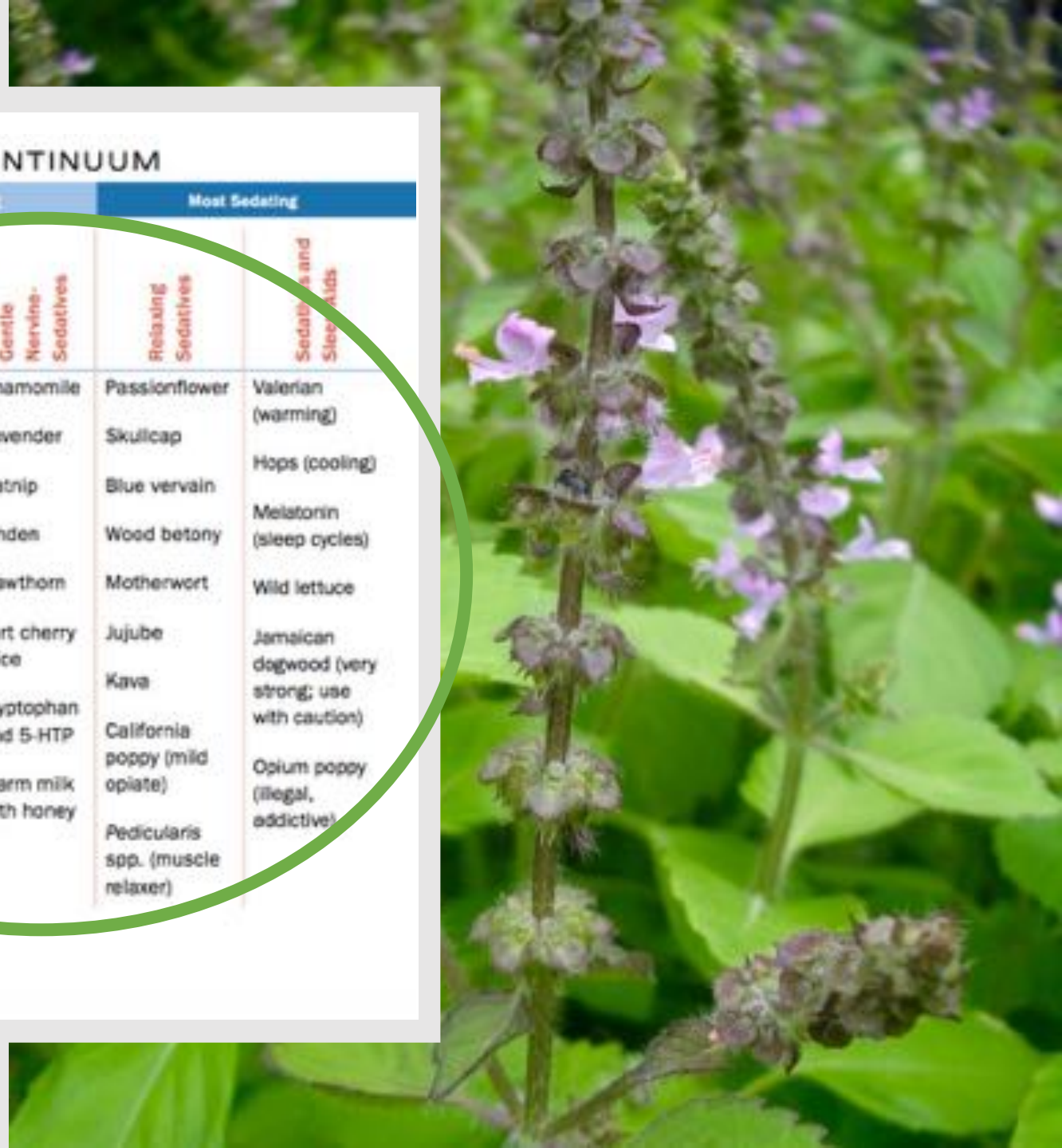


NERVOUS-ENDOCRINE SYSTEM HERB CONTINUUM

Caffeinated/Very Stimulating		Stimulating		Less Stimulating	Balancing/Neutral	Calming		Most Sedating	
High Caffeine	Low Caffeine	Stimulating Adaptogens	Semi-Stimulating Adaptogens	Balancing Adaptogens	Calming/Neutral Adaptogens	Calming and Uplifting Nervines	Gentle Nervine-Sedatives	Relaxing Sedatives	Sedatives and Sleep Aids
Guarana*	Black tea*	Red Asian ginseng*	Codonopsis	Maca	Ashwagandha	Lemon balm*	Chamomile	Passionflower	Valerian (warming)
Kola nut *	Chocolate*	White Asian ginseng*	Eleuthero	Schizandra*	Holy basil*	Fresh milky oat seed	Lavender	Skullcap	Hops (cooling)
Coffee*	Green tea*	American ginseng*	Cordyceps fungus*	Licorice	Gotu kola*	St. John's wort	Catnip	Blue vervain	Melatonin (sleep cycles)
Yerba maté*	White tea*	Rhodiola*	Aralia spp.	Reishi mushroom*	Bacopa*	Damiana	Linden	Wood betony	Wild lettuce
			Jiogulan*	Chaga	Shatavari	Bay leaf	Hawthorn	Motherwort	Jamaican dogwood (very strong; use with caution)
						Nutmeg	Tart cherry juice	Jujube	Opium poppy (illegal, addictive)
						Mimosa	Tryptophan and 5-HTP	Kava	
						Vanilla	Warm milk with honey	California poppy (mild opiate)	
						Turmeric		Pedicularis spp. (muscle relaxer)	

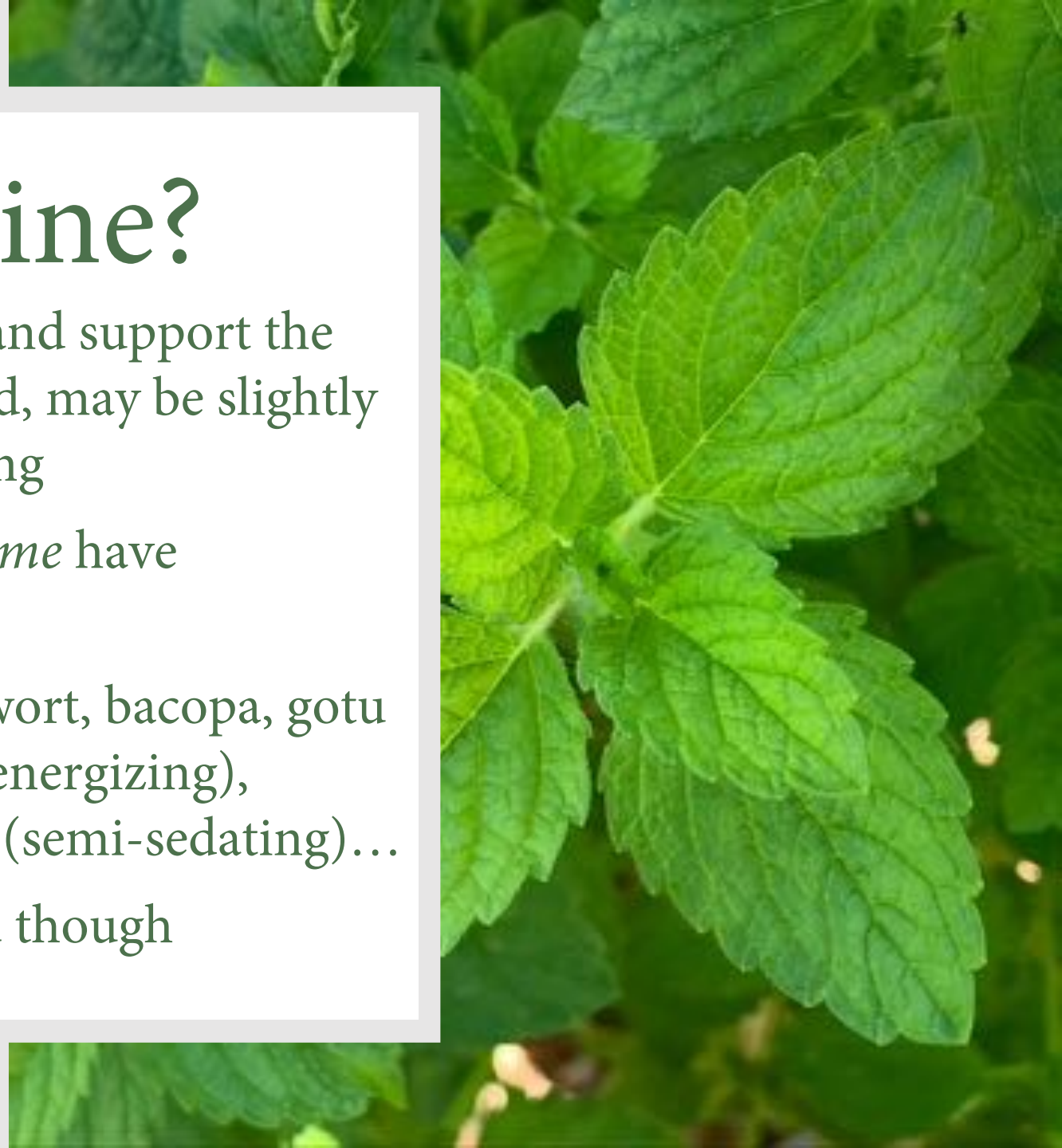
*These herbs have memory-enhancing, brain-boosting, and/or focus-enhancing properties.

[Body into Balance, My expanded adaptogen chart](#)
 The above chart/image is in your extra webinar documents.



What's a Nervine?

- **Nerve Trophorestoratives:** nourish and support the nervous system, support overall mood, may be slightly calming but not usually overly sedating
- Often work best long-term though *some* have immediate benefits
- Milky oat seed, lemon balm, motherwort, bacopa, gotu kola, holy basil, ashwagandha (semi-energizing), skullcap (semi-sedating), chamomile (semi-sedating)...
- Generally very safe and well tolerated though individual responses may vary



Lemon Balm (*Melissa officinalis*)

- *Long* history of use (Europe, Middle East, Mediterranean), clinical trials - **gladden the heart, lift and calm the spirits, calm focus**, ease stress
- **Calming and uplifting** - quells anxiety, agitation, stimulation, hyperactivity, *benign* heart palpitations and afib, possible MOA inhibition, lifts mood (especially in formula with SJW or other herbs), gentle sleep herb, nervine tonic, supportive in hyperthyroid, cardiometabolic/**heart tonic**
- **Calm focus** in 1 dose, 1 hr, **nootropic** (smart herb), studied in kids to elders.

Cooling
Carminative
Aromatic
Calm Uplift
Cools Excess

Growing It – Zone 4-9

Easy-to-grow semi-weedy perennial. Scarify seed. Divide/transplant seedlings. Prefers moderately rich soil, semi-moist, well drained, part sun but will grow anywhere. Harvest aerial happy/leaves.





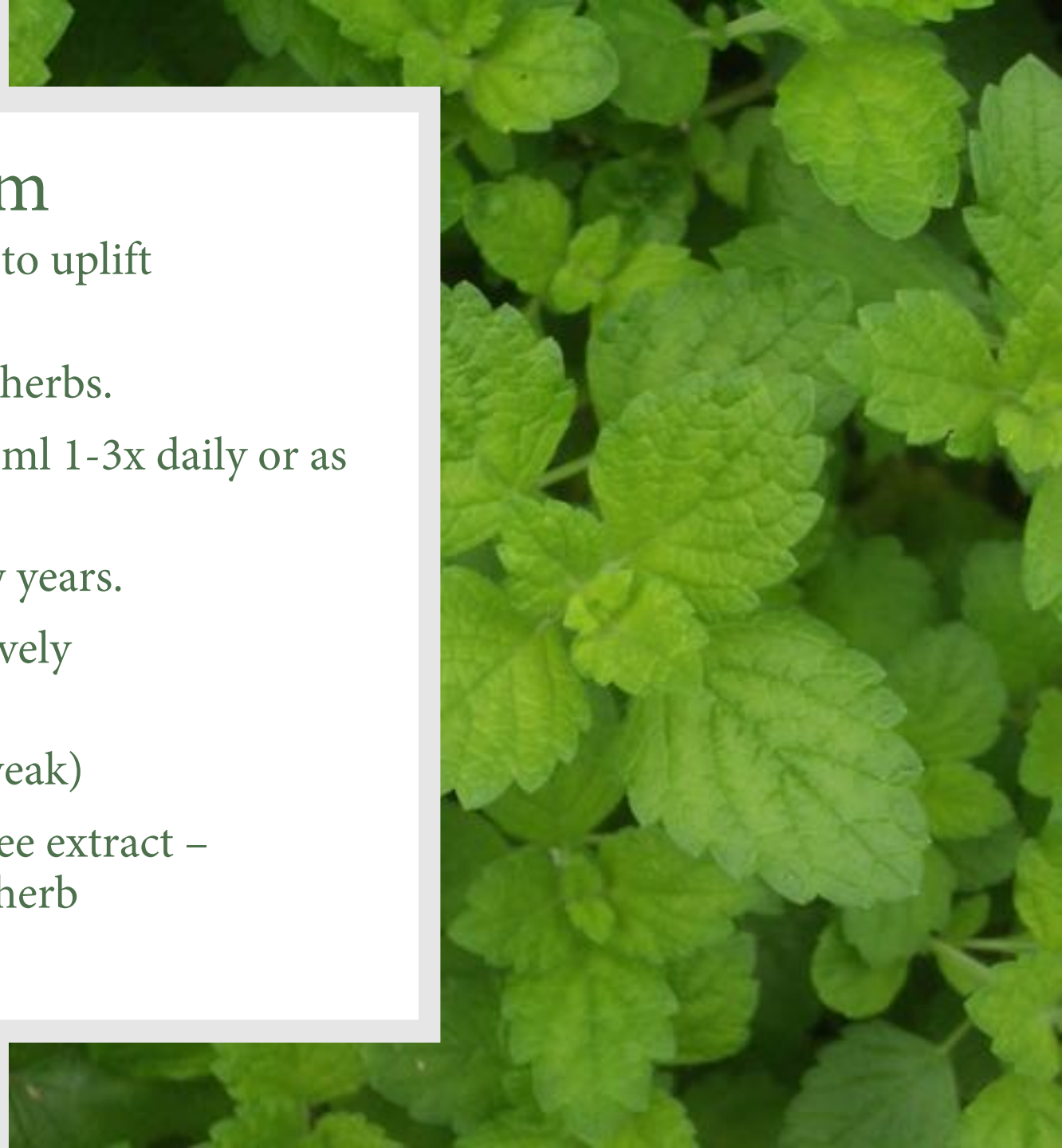
That's Not All! Lemon Balm Also...

- Mild **hypoglycemic**, astringent, antiox/inflam, may ↓ autoimmune thyroid
- Antiviral: Topical for **herpes**, *maybe* also anti-viral internally for cold, flu, COVID
- Mild **digestive bitter/carminative**, nice in nervous indigestion
- **POOR market quality** - Best *fresh homegrown* tincture (or other remedy) or freshly dried for tea homegrown or direct from the farm. Aromatic fresh, essential oil \$\$\$, lemon pledge aroma
- *Likely* SAFE in hypothyroid. May ↓ blood sugar and/or cause nausea if unsweetened + empty stomach. High doses may → drowsiness



Taking Lemon Balm

- David Winston likes it combined with SJW to uplift (feels they're better together than separate).
- It blends well with most (all?) nerve/mood herbs.
- Fresh is best! Tincture 1:2 in 95% ABV, 1-5 ml 1-3x daily or as needed.
- Even the tincture loses potency within a few years.
- Quality dried tea has modest benefit, still lovely 1-3 teaspoons per cup as desired
- Studies mostly done on powder/capsules (weak)
- Oxymel, vinegar, or glycerine for alcohol-free extract – consider wilting first or using freshly dried herb
- Very well tolerated by most. Kid-friendly!



Holy Basil/Tulsi/Sacred Basil

(*Ocimum tenuiflorum*, formerly *O. sanctum*)

- I grow and love the “Kapoor/Temperate” type
- Traditional, spiritual in Ayurveda/India and Africa, often grown in pots in temples in India
- **Aromatic “Zen-like”** - relaxes, **calm** energy, cognition, gentle adaptogenic stress support, balanced **cortisol (stress hormone) levels**
- **Hypoglycemic**, quells sugar cravings (especially stress related)



Growing It - Annual

Kapoor/Temperate/*africanum* = easiest
Sometimes Tender Perennial +/- self
seeds. Tolerates Pots. Grow like basil.
Loves good soil, moderate/well-drained
moisture, full sun, warmth.
Pinch flowers. Harvest aerial.

Cooling
Carminative
Aromatic
Calm Uplift

Clinical experience, [Winston](#), [Cohen](#), [Mondal](#), [Sampath](#),
[Bhattacharyya](#), [Barkelw](#)

All Those Names & Types!

Common Names include Holy Basil, Tulsi, and Sacred Basil, but there are also many varieties and species used somewhat interchangeably.

- **Main One(s) from Ayurveda:** *Ocimum tenuiflorum*, formerly *O. sanctum* = Tulsi Rama, Krishna, and Amarita varieties, possibly Kapoor
- *O. gratissimum* = Tulsi Vana
- *O. africanum* variety = more likely the identity of Kapoor, Temperate Tulsi and un-named USA sold holy/sacred basil though most do not ID as such

For more on varietal differences, see [Strictly Medicinal Seeds Blog](#), [Rosalee's article](#), [Noelle Fuller research](#)



Cooling
Carminative
Aromatic
Calm Uplift



Holy Basil Study

- 2008 controlled trial on 35 people with generalized anxiety disorder (GAD)
- 500 mg extract capsule, twice daily after a meal for 60 days
- Nearly 20% reduction in anxiety at 30 days, 35% at 60 days
- Stress, depression, and attention improvements by 28-34% at 60 days (about half that at 30 days)
- Willingness to adjust = 25% improvement



More about Tulsi Basil's Benefits

- **Aromatic**, also anti-inflammatory, antioxidant, **digestive**/carminative, antimicrobial, immune supportive, anticancer, **protective**
- **Delicious!** tea, glycerite, tincture, hydrosol, etc. nice with green tea, lemon balm, rose, lemongrass
- **Vastly better quality homegrown or from farm**
- **Caution:** Moderately hypoglycemic, makes *some* people feel spacy/"high" Unclear data (mostly animal studies) if it reduces fertility, and/or inhibits thyroid hormone conversion and function

Easy to source! High Mowing Organic Seeds, Warner River, Bee Fields Farm, Found Well Farm, Good Earth Farm...



Holy Basil Clinical Trials Summary

- Only ~ 25+ small clinical trial studies so far
- 39% improvement in stress reduction vs placebo (1200 mg OciBest, 6 weeks), including reductions in sleep problems, headache, palpitation at rest, GI issues, cognitive issues, sexual problems...
- 2017 review of 24 clinical studies – most were for metabolic issues, some immunomodulation, and 4 for neurocognitive/stress/mood, 4-12 weeks
- ~1000mg/day extracts, 6 g crude herb



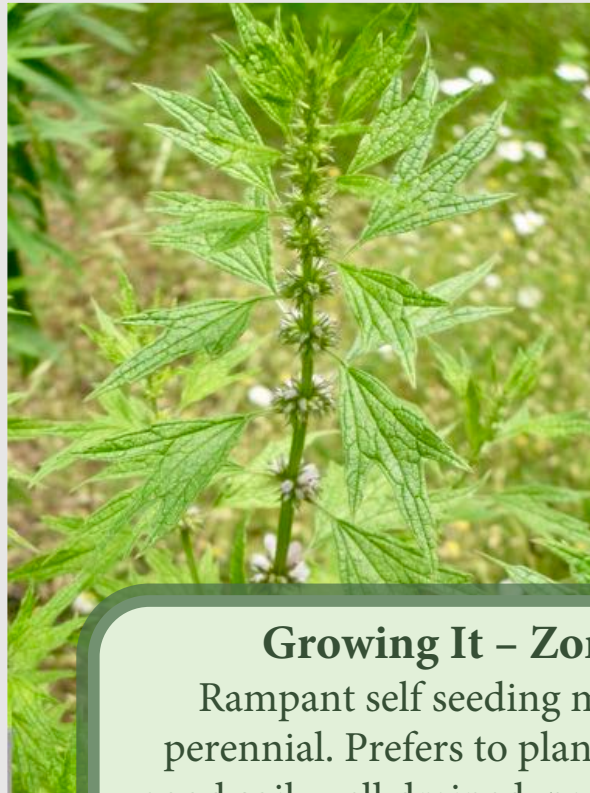
Taking Holy Basil

- Market quality is often poor
- Useful fresh or dried in any form – tea, capsules, tincture, CO2 extract, oxymel, glycerite...
- Tea is a personal favorite – beneficial aromatherapy included! Also water, seltzer
- You can steep it for 5 minutes or 5 hours – still delicious and medicinal!
- Blends well with green tea, lemon balm, rose
- Lovely tea ritual herb



Motherwort (*Leonurus cardiaca*)

- **Fast-acting anxiety/panic support**, also useful taken daily for chronic stress, anxiety, mood, but **not sedating**
- “**Overworked underappreciated,**” emotional roller coasters, **healthy boundaries**, stressed moms
- **Mellows mood swings**, frustration, PMS, menopause, hot flashes
- Heart tonic, **hypotensive**, **heart-stress** symptoms/connection
- *Supportive* in hyperthyroid, likely totally safe in hypothyroid
- **Very bitter**, best fresh, tinctured



Growing It – Zone 3-9

Rampant self seeding mint family perennial. Prefers to plant itself. Likes good soil, well drained, part sun, doesn't need regular watering. Harvest aerial in flower (best) or happy leafy growth.

Bitter
Cooling
Drying
Relax
Ground





Some of My
Favorite Recipes
Featuring These Herbs



Tincture (alcohol)

Fresh Tincture: 1:2 in 95%

- 1 oz herb (weight) to 2 oz alcohol (grain, vodka)
- Use high- proof alcohol (40-95%) – grain, vodka
- Or just shove jar full of herb, then to top with alcohol

Dry Tincture: 1:5 in 50%

- 1 oz herb (weight) to 5 oz alcohol (vodka, brandy)
- Use 40-60% alcohol – vodka, brandy
- Shake regularly
- Best dry: elder, alder, cherry bark

Strain after 1 month or longer. Keeps up to 10 years.
One of the strongest plant extracts.

[More details and short video on my blog](#)



Tulsi Green Tea

- 1 teaspoon holy basil (tulsi)
- ½ teaspoon green tea (preferably jasmine)
- Optional sprinkle of rose petals

- Steep in 12-16 ounces of near-boiling water for 3 minutes. Strain, enjoy.



Lemon Balm – Holy Basil Tea

- 1 teaspoon holy basil
- 1 teaspoon lemon balm
- *Sprinkle rose petals – optional but nice*
- *Other possibilities – mint, lemongrass...*
- Steep in 12-16 ounces of near-boiling water for 3 minutes. Strain, enjoy.
- Use fresh or dried herbs – both great!
- Brew hot, iced, or sun tea – it's all delish!



Or Try Infused Water or Seltzer!

Lighter potency but refreshing, aromatic, slightly sweet.

A few fresh sprigs each in a bottle:

- Holy Basil
Calm-energy adaptogen, nervine, nootropic
- Lemon Balm
Calm-alert nervine, nootropic
- Rose Blossoms – optional
Heart-gladdening, stress support, beauty

Steep in cold seltzer or still water for 15 minutes or longer.

Drink within 12-24 hours.



Perky Alert Blend Tea

- 1/2 teaspoon dry (or fresh) lemon balm
Lemon balm for fast and long-term calm alert focus support.
- 1/2 teaspoon dry (or fresh) gotu kola - optional
Gotu kola for long-term brain health and calm-alert state.
- 1/2 teaspoon dry (or fresh) peppermint
- 1/2 teaspoon dry (or fresh) spearmint
Mints/aroma for flavor synergy, perky brain support.
- 1 sprig fresh rosemary
Rosemary for antioxidant, circulatory, anti-inflammatory, perky focus/brain/memory support. Primary + synergist.

Steep for 15 minutes in 16 ounces of hot water

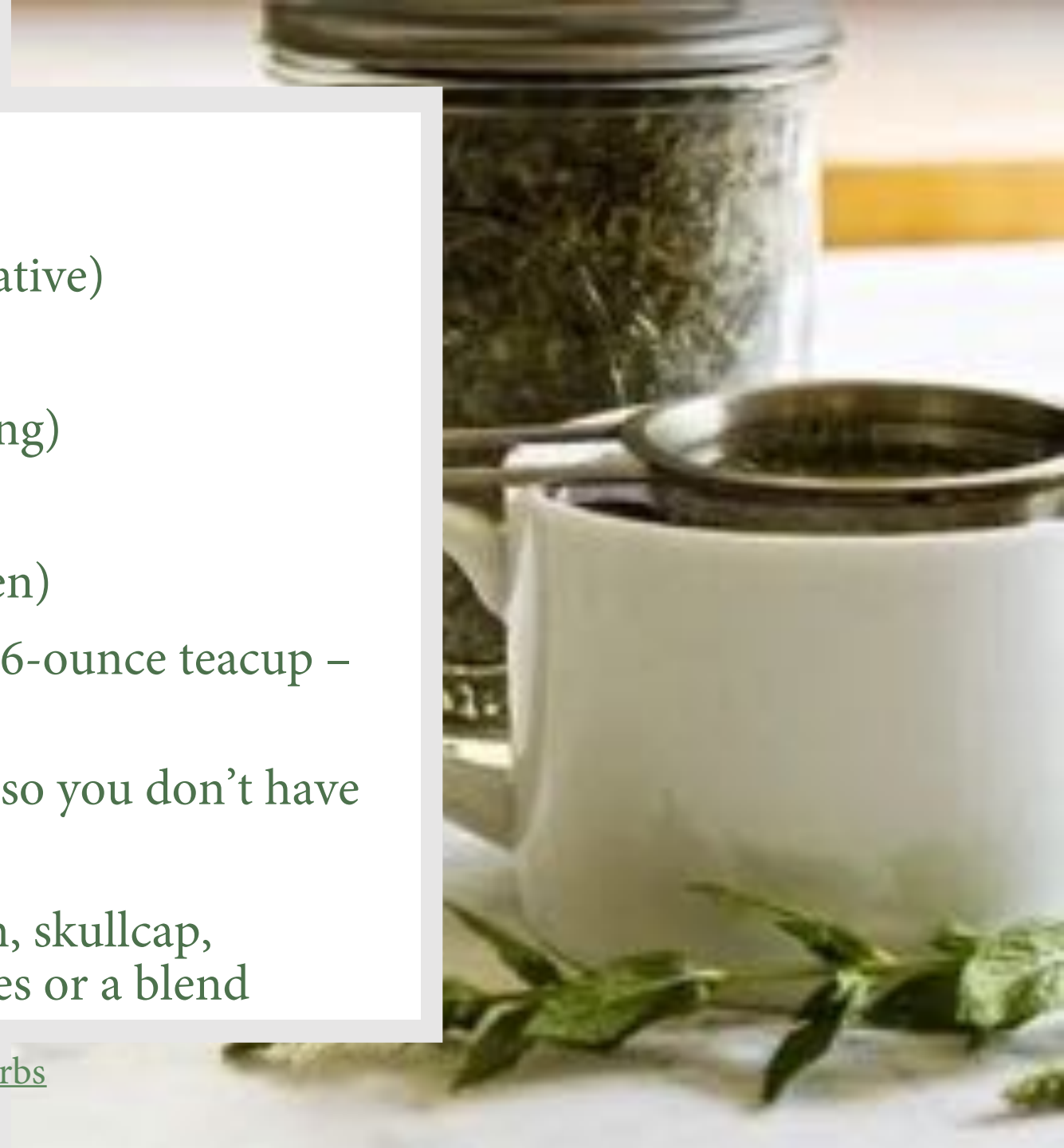


Sleep Tea

- ½ teaspoon passionflower (primary sedative)
- ½ teaspoon skullcap (nervine/sedative)
- ½ teaspoon lemon balm (nervine/calming)
- ½ teaspoon spearmint (flavor)
- 1 teaspoon honey (sleep support, sweeten)
- Steep the herbs in a SMALL cup – 4- to 6-ounce teacup – for 15-20 minutes, strain, and sweeten.
- Drink just before bed. Avoid large cups so you don't have to pee at night.

Sleep Tinctures: passionflower, valerian, skullcap, California poppy, kava, or hops as singles or a blend

Links to my... [sleep tea video](#), [Growing & Using Peaceful Herbs](#)



General Adult Herb Dosing

- **Fresh:** a handful or so daily in food, tea, seltzer, etc.
- **Infused Seltzer or Water:** 1 cup to 1 liter or more
- **Tea:** 1-3 cups daily
- **Tincture:** 1-5 ml (squirts) = 1/5-1 tsp, 1-3x daily
- **Vinegar, Honey, Oxymel, Glycerite, Syrup:**
½ to 1 teaspoon, 1-3 x/day
- **Cordial:** A shot/ounce as a treat
- **Capsules:** see label
- **Topicals:** apply 2 or more times per day or as needed
- Divide dose by weight for kids.

First time?

Start with a *low dose*
and gradually build
up to assess.

[Quick overview of recipes on the blog here](#)



Sourcing Quality Herbs

- Quality *always* matters, but *especially* so for many of these herbs.
- **Homegrown & Direct-From-Farm** (Small/Medium Organic USA)
Farms often have the *best* quality fresh and dried herbs to use for DIY remedies and tea. Especially important for holy basil, lemon balm, skullcap but also other herbs. Find local herb farms.
Online Farms: Foster Farm Botanicals, Oshala, Misty Meadows, Zack Woods, Healing Spirits, Bee Fields Farm, also see lists [here](#), [here](#), [here](#)
- **Seed & Seedling Sources:** Strictly Medicinal Seeds, Companion Plants, High Mowing, local growers, more on my [links](#) page
- **Internationally Sourced Bulk Organic Herbs:** Mountain Rose Herbs, Pacific Botanicals, Starwest Botanicals, Frontier Coop
- **Big Brand Remedies:** Gaia Herbs, Herb Pharm, Oregon's Wild Harvest, Herbalist & Alchemist, Wise Woman Herbals, MegaFood/Innate Response, Avena Botanicals, Traditional Medicinals, Herbal Revolution, Urban Moonshine

Also - Co-ops, Locally Owned Natural Food Stores, Herb Shops



Excellent Herbal Resources

- Of course, *my books* ☺ – *Body into Balance* & *Grow Your Own Herbal Remedies*
- **Christa Sinadinos’ *The Essential Guide to Western Botanical Medicine***: amazingly in-depth monographs on 140+ plants
- **David Winston & Steven Maimes’ *Adaptogens***: approachable, detailed profiles on key plants
- **Rosalee de la Foret’s [website](#) & books**: approachable, detailed
- **Juliet Blankespoor’s *The Healing Garden*** for cultivation+
- ***AHPA Botanical Safety Handbook*** for in depth safety info
- **Historical info** – [Botanical.com](#), [Henriette Kress’ site](#)
- See my [science links](#) webpage for evidence-based sources





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