

When Life Gives You (Green) Lemons



Lemon balm (*Melissa officinalis*) is a bright, spring time plant with an unusual lemony surprise. That's due to the **citronellal** produced in its cells

that give it that hallmark lemony odor when the leaves are bruised or even brushed up against. The appropriately named lemon balm is a member of the **mint family** (*lamiaceae*), and like many of its relatives it affects both the digestive and nervous system.

Like its more minty cousins, lemon balm has a mellowing effect on the gut, reducing symptoms of bloating and gas when one may have overindulged in summer BBQs or ice cream in the heat of these warmer months. However lemon balm really shines when it comes to its anti-anxiety effects. Lemon balm has an almost instant calming effect that you can easily experience for yourself by enjoying the fragrance from a bruised or broken leaf.

It can be consumed as a tea made from the leaves and stems which adds a lemony zest while calming the nervous system and settling symptoms of anxiety. Lemon balm also stands out as an antiviral herb and has been used to ease the pain associated with cold sores as well as reduce the length of a herpes outbreak and prevent recurrence.

Safe for Children

Lemon balm is safe for children as well as adults and is often enjoyed by both. **So when life is giving you lemons, think about lemon balm to ease the troubles.**

Rosemary-Lemon Balm Tea

Ingredients:

- ✓ 1 gallon glass jug with top or cap
- ✓ 6-8 teabags of choice
- ✓ 2-3, 6" sprigs of fresh washed rosemary
- ✓ 1 cup of lemon balm greens
- ✓ ¾-1C sugar (or other sweetener to taste)



Instructions

- Check the weather for a sunny day with temperatures reaching above 70°F
- Place bruised lemon balm greens and rosemary sprigs in glass jar
- Fill jug with water almost to the brim
- Add teabags to jug and screw on cap
- Place jug in a sunny spot where it can receive direct sunlight for 5-6 hours
- Strain rosemary, lemon balm, and tea bags from sun-brewed tea
- Add ¾-1C of sugar to taste
- Enjoy~!

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Is Your Environment Getting You Down?



Whether you are on the **Nature** or **Nurture** side of the debate around development, all can agree that we are directly affected by our environment.

The argument could be made that this is the most critical factor affecting human health, as a hostile environment can end human life within moments. Fortunately, we do not encounter such hostile or dramatic environments frequently, if ever, in the normal course of life.

The fact remains however that environmental factors affect human health daily, if not moment to moment and are a lot more insidious than most can conceive.

The breadth and depth of possible elements that come into play involving environmental health vary wildly from organic causes such as molds, pollen, or other allergens, to inorganic sources of pollution that wind up in our food, air, and water.

We are bombarded daily, hourly by these factors which can cause symptoms ranging from fatigue and malaise to joint pain and rashes. If symptoms cannot be explained through routine testing or a simple diagnosis by your physician then an environmental contributor may be to blame.

Often environmental factors are overlooked in the exacerbation of a preexisting condition such as *psoriasis, lupus, gastritis, and migraine.*

Assessment and management of environmental factors can go a long way to improving your health and symptoms.

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~Mahatma Gandhi



Supplement Basics

The supplement industry in America is a multi-billion dollar machine that produces an almost uncountable number of products, many of which are unregulated and untested by any overseeing, official body. For this reason many people see supplements as being harmless, over-the-counter type options to improve health.



However, the vast majority of individuals **do not need most of the supplements on the market.** People may even put themselves at risk if they have an underlying condition that would contraindicate them taking a particular supplement or substance.

For this reason we always recommend consulting a health care practitioner before starting a new supplement regime, even a basic multi vitamin.

For more on this topic and a short listing of some commonly recommended supplements please see our article “Six for Health” on [our Facebook page](#); (search for Vitae Health Center on FaceBook).

*Check out past Summer editions of **the Vital Scoop** online for additional helpful articles on avoiding dehydration, sunburns, bug bites & more! www.vitaehhealthcenter.com/vitalscoop*

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