



Alegría

LOCALLY-GROWN,
NATURALLY!

FRESH

REGENERATIVE ORGANIC SALAD GREENS
HIGHLY NUTRITIOUS SAME-DAY HARVEST // CLEAN & NATURAL
PESTICIDE FREE // SPECIALLY SELECTED SUPERFOODS
GREAT TASTE DELIVERED TO YOUR DOOR!

Welcome to the Alegría Farmacy!

Longevity, health and well-being is just a delicious salad away!

SALAD GREENS

HEALTHY FACTS



Lemon Balm

Scientific name: Melissa officinalis
Spanish name: Toronjil

- Due to the polyphenol tannins contained in lemon balm, it is regarded as an effective antiviral treatment.
- The high selenium content in lemon balm assists with its ability to regulate thyroid function and helps raise antioxidant levels, promoting immune system health.
- Lemon balm is known to be a calming agent for those suffering from anxiety or stress. A drug relating to the treatment of anxiety is known as an anxiolytic, and lemon balm falls into this category. Scientific evidence shows that a control group, given Lemon Balm, in addition to valerian, chamomile and hops, reported reduced levels of stress and anxiety as opposed to a control group given a placebo. Scientists believe that the essential oil of lemon balm acts upon the part of the brain governing the autonomic nervous system and can protect the cerebrum from excessive external stimuli.
- Lemon Balm has been traditionally been attributed with sleep enhancing properties and can act as a mild sedative. Many people put lemon herb extract close to where they are sleeping or take a lemon balm tincture prior to sleep. This has been known to help poor sleepers. People with fatigue are recommended lemon balm and can be beneficial to sufferers of chronic fatigue syndrome.
- Lemon balm also has a tonic effect on the heart and circulatory system causing mild vasodilation of the peripheral vessels, thus lowering blood pressure.
- In addition to reducing stress, Lemon Balm was actually found to improve mood and even mental performance for activities such as memory and tests. These properties have also created a stir in the scientific communities as it has tremendous relevance regarding the treatment of Alzheimer's disease. Sufferers of depression may also benefit from lemon balm treatments.

- Administration of Lemon Balm to sufferers of Alzheimers has been known to be effective in treating / providing temporary relief for mild to moderate symptoms of the disease.
- Lemon Balm is regarded as having 'exceptionally high antioxidant activity.
- Lemon balm may help treat indigestion as it contains a muscle relaxant, which may relax the intestinal tract. Muscle spasms, which can be the cause of discomfort, may be counteracted by the natural chemicals contained within the lemon balm and improve the symptoms of indigestion.

*More details on **antiviral** properties of lemon balm:*

In autoimmune disease, oxidative stress is considered to be a major environmental trigger. In Europe, preparations containing 700 mg lemon balm are used to treat the herpes disorder shingles. Topical creams containing 1 percent L-701, a dried extract of lemon balm, are also widely used to treat oral and skin blisters in herpes infections. Studies suggest that lemon balm reduces the development of resistance in the herpes virus and blocks the attachment of herpes virus to the receptor sites of host cells, preventing the spread of infection. In addition, the scientific testing of lemon balm on animals has confirmed in antiviral properties.

*More details on **thyroid** support of lemon balm:*

Graves' disease is an autoimmune disease where the thyroid is overactive, producing an excessive amount of thyroid hormones (a serious metabolic imbalance known as hyperthyroidism and thyrotoxicosis).

Lemon balm has been used to relieve symptoms of autoimmune disease and promote a healthy immune system in patients with autoimmune disease. Used as an injection along with Lycopus virginicus or bugleweed, lemon balm is widely used in Europe for treating Graves' disease.

Lemon balm is also used as a tonic or tea to reduce and manage symptoms in Graves' disease. Lemon balm slows pituitary function, lowering TSH levels, which, in turn, reduces thyroid hormone levels.

Lemon balm is also used to raise thyroid hormone levels in patients with hypothyroidism. Lemon balm strengthens rather than stimulates thyroid function, restoring normal levels to patients with autoimmune thyroid disease. However, its effects are mild and lemon balm is not considered an effective treatment for patients with moderate to severe hypothyroidism.