



Mix equal parts of the following herbs:

Spearmint

Chamomile

Lemon Balm

Catnip

Lemon balm has a higher potency when used fresh so I always gather these herbs fresh from the garden in the fall to make a glycerite for a long term storage and ease of administering to my kiddos (and myself...yum). You can also use dried herbs to make an herbal tea, for an herbal bath or foot soak or even herbal capsules.

Uses:

To aid the body in calming and healing. I personally use this blend for tummy aches, any body aches and pains, stress or anxiety, fear, digestive complaints, fever, really any time a child is ill or uncomfortable.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.