



## Wild Mint

“Most First Nations from the Nuxalk (Bella Coola) on the coast to the Okanagan, and the Ktunaxa (Cranbrook area) in the interior made tea by steeping fresh or dried leaves in hot water. This strong brew was drunk to relieve many health complaints, ranging from stomach troubles, coughs and colds to fever. Further east, the Cree chewed mint leaves to cure hiccups and calm the giddiness of young children. Powdered leaves were sprinkled by the Ktunaxa to flavour meat, especially if it was fatty..”

- [www.bcliving.cma](http://www.bcliving.cma)

## Lemon Balm

“Lemon Balm is uplifting. Just take a sniff and the citrus smell of lemons overwhelms you. It’s almost as if you get hit by vitamin C. Lesley Tierra recommends combing lemon balm with chamomile in a tea for children’s complaints such as: restlessness, insomnia, whining, crying, colic, teething, sadness and depression. Lemon Balm is said to comfort the heart and drive away sadness. It works with the nervous system to relieve tension and lift spirits.”

- <http://www.wildnesswithinliving.com>