

# Linden

-*Tilia sp*-

Linden is a gentle relaxing nervine traditionally used for tension, restlessness, and digestive upset related to stress. Its fragrant flowers and soft bracts are commonly used in calming teas, while young leaves are also edible and nourishing.

## Plant Profile

- Family: Malvaceae (formerly Tiliaceae)
- Parts used: Flower, bract, leaf (young leaves edible)
- Energetics: Cooling, slightly moistening, relaxing
- Taste: Mildly sweet, floral, slightly mucilaginous
- Affinities: Nervous system, heart, lungs, digestive system
- Primary actions: Nervine, calming, mild sedative, diaphoretic, demulcent, antispasmodic

## Working With Linden

- Infusion: classic calming tea for stress and tension
- Strong infusion: used to promote relaxation and sleep
- Cold infusion: preserves delicate aromatics, more soothing
- Honey infusion: gentle nervine support for children and adults
- Blends well with: chamomile, lemon balm, rose, hawthorn, skullcap

## Safety Notes

- Generally considered very safe for regular use
- Use caution with excessive long-term daily use

## Traditional uses include:

- Nervous tension
- Stress headaches
- Restlessness and irritability
- Mild insomnia
- Digestive upset from stress
- Fever support (diaphoretic)
- Dry irritated cough (mild demulcent)
- Heart palpitations related to anxiety

