

Lemon

Lullaby

for the mental health sufferer

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Dedication

to Petra Mead

aka Dada P

Ethnobotanist

for her promotion of my herbal teachings
and citrus advocacy

Lemon Lullaby

Put me with elderflower,
When suffering from depression.
A slice of me,
Two spoons of elder:
There's soothing through infusion.

So come sufferer,
There's solace in the teapot.
The time to steep,
Then fill your mug:
A counteraction to the blot.

I possess potassium,
Which the nervous system needs.
Lowering anxiety,
With the aid of water,
For the mind that's begun to bleed.

You'll feel better as time goes by,
But in the meantime,
I'll sing you the lemon lullaby.

Drink a glass or two each day,
There are worse things you can do.
When the world is grey,
I will bring yellow,
When destination carries no clue.

Put me with Red Cabbage Juice,
With Turmeric Lemonade.
When the world seems awry,
Clarification elsewhere,
And stress is on a raid.

Cut me up when you wish,
And leave me in a room.
I will bring aroma,
Generating positivity,
An off-setter of the gloom.

You'll feel better as time goes by,
But in the meantime,
I'll sing you the lemon lullaby.

I will lower your stress
And your blood pressure too.
I could be beside you,
Your constant companion,
As you commence to begin anew.

Some call me magic,
Some say I'm a miracle.
I'm just a little yellow ball,
From the shrine of healing:
A gift from the sacred oracle.

Ginger and I go well,
We've done a lot of good together.
With honey too,
We come as a trio,
To the aid of the weeping sufferer.

You'll feel better as time goes by,
But in the meantime,
I'll sing you the lemon lullaby.

Relief, relief,
I can offer some relief.
Come and take of the yellow,
That is waiting for you,
Hanging between the green leaf.

I will help fight the fear,
Defend you against attacks.
Hot or cold,
I'm there to assist you,
With the sealing of the cracks.

I'll combat mood disorders,
Like cousins orange and grapefruit.
What is within me,
Will help safeguard the brain:
Sentinel in a yellow suit.

You'll feel better as time goes by,
But in the meantime,
I'll sing you the lemon lullaby.

Let me prop you up,
While bringing serotonin.
Take a sip,
And I shall bring it,
Through all my vitamins.

Add me with valerian,
In the time of inhalation.
Take it in,
Let it enchant you,
Going forward to the next station.

I am lemon,
A treasure trove of healing.
In your corner,
Here to support you:
To help re-discover meaning.

You'll feel better as time goes by,
But in the meantime,
I'll sing you the lemon lullaby.

Sources

Healthline

Bowman Family Services

Life Advancer

RdB Nutrition: The Nutrition Blog

Earth To Cathy

YouTube