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*Lippia dulcis*

[Synonyms : *Phyla dulcis*, *Phyla scaberrima*]

**LIPPIA** is an evergreen shrub. Native to Mexico it has many small yellow flowers.

It is also known as Cimarron, *Hierba dulce* (German), Honey herb, Mexican lippia,

*Mexikanisches Lippienkraut* (German), and Yerba dulce.

*Dulcis* is Latin (sweet, pleasant, delightful).

Known to the Aztecs lippia attracted the attention of the University of Chicago at the turn of the 20<sup>th</sup> and 21<sup>st</sup> Centuries. There scientists believe they have isolated a substance from the leaves and flowers that could be 1000 times sweeter than sucrose.

Medicinally, a tincture of the leaves has long been used as a respiratory sedative for coughs.