

QUICK REFERENCE SHEET

WHITE PINE

Pinus strobus



Part Utilized:
Bark



PROPERTIES:

Expectorant, Demulcent

SYSTEMS AFFECTED:

Respiratory, Urinary, Skeletal

POSSIBLE USES:

colds, bronchitis, croup, laryngitis, urinary tract infections, broken bones, bruises

INGREDIENT IN:

COMP, FC, Super C, WC

GENERAL INFORMATION:

White Pine was an essential part of Native American herbal lore. Its use was adopted by the Europeans when they arrived in America. They drank a tea made from the bark and the needles to ward off disease. This makes perfect sense since the brew would have been high in vitamin C.

White Pine is considered to be a remedy for coughs and congestion due to colds, bronchitis, flu, or laryngitis. The expectorant properties are nicely offset by the demulcent properties, helping the body to first expel phlegm and then heal the irritated tissues. As a poultice, White Pine speeds the healing of wounds and sores. The tea is excellent for kidney and lung ailments.