

## Immune Boosting Pine Syrup

Spring is the natural time of year for the body to release toxins that have built up over the winter months. Because of this, we often experience colds and flus during this time. Right now especially, as we are globally dealing with COVID-19, supporting the body's immune system is key. Using herbal medicine is a great way to support the body's defences and boost the immune system. There are a countless number of plants that are supportive for warding off viruses and for building up the body's defences, but today I want to talk about White Pine as it is easily accessible this time of year for us living here in Maine.



### Medicinal Properties of White Pine:

The needles contain high amounts of vitamin C (many more times than the amount found in an orange!) which is critical to having a healthy immune system. There are resins and many different acids in the needles as well as the essential oils of terpenes, monoterpenes, and sesquiterpenes.

White Pine is an expectorant meaning it helps to loosen up mucus in order to cough it up and get rid of it. It is a circulatory stimulant, has antimicrobial properties and is a mild diuretic. White Pine is very specific for the lungs, chest and respiratory system and can greatly help coughs, making it a wonderful aid for those dealing with this current virus.

White Pine medicine can be taken as a tea (steeping the needles for about 20 minutes) or made into a syrup as we're going to do today. The syrup is more potent than the tea because it is highly concentrated and contains raw honey which has many of its own health benefits including antimicrobial properties.

### What You Will Need:

- White Pine needles
- Water
- Raw honey
- Stovetop and pot

### Instructions:

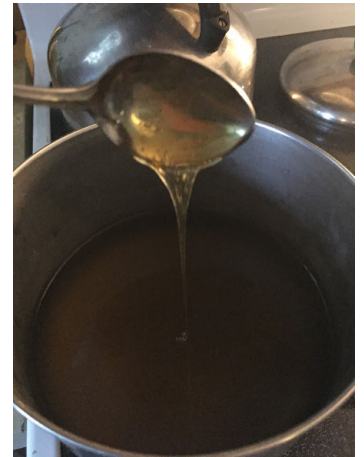
1. Go outside and gather a few handfuls of White Pine needles. To ensure that you are collecting White Pine and not the needles from a similar looking tree, remember this trick: on White Pine trees, there are 5 needles per bundle and "WHITE" has 5 letters.



- Put needles in a pot with enough water to cover the needles and bring to a boil.



- Simmer for about an hour. If desired, while simmering you can strain off a cup of the water for tea while you wait.
- Let water cool to lukewarm, then strain and compost the needles.
- For every 1 cup of pine water, stir in  $\frac{1}{2}$  cup of raw honey to lukewarm water (make sure it's not hot). Ex: If you end up with 4 cups water, add 2 cups honey.
- Pour into glass jars or bottles and label.



- Enjoy! Take 1-2 tsp., 2-3x/day or add to your favorite smoothie, juice, or anything else you can think of.
- Store in the refrigerator for up to 6 weeks or on the counter for up to 3 weeks.

Other plants that are beneficial for immune boosting: rose hips (also high in vit. C), medicinal mushrooms (reishi, cordyceps, chaga), astragalus, lemon balm (antiviral), elderberries and elder leaf, garlic, ginger, holy basil/tulsi, and many more!

\* If you have questions or would like to find herbs that support you best individually, I'm offering free 20 minute consultations. Find me at: <https://www.facebook.com/alliearmstrongwellness> \*

Be well,

Allie Armstrong  
Herbalist and Functional Medicine Health Coach  
[alliearmstro@gmail.com](mailto:alliearmstro@gmail.com)  
207-317-0938