

White Pine Bark

Latin Name: Pinus strobus

STIMULANT; CIRCULATION; Expectorant

Use INNER BARK

Native to Eastern NORTH AMERICA

HISTORY: Native Americans: Colds; Coughs; Kidney troubles; Scurvy; Chest Congestion

QUALITIES

- 1) STIMULANT; CIRCULATION; Warming
- 2) Laryngitis; reduces and Expels Mucous Secretions; Onset of Colds and Flu; Expectorant; Bronchitis; Lung Congestion
- 3) OTHER
 - Poultice: Skin Sores; Wounds
 - Venereal Disease; Gonorrhea

White Pine Bark References

Herb History and General Information

Christopher, Dr. John R., *School of Natural Healing*. Provo, Utah: BiWorld Publishers, Inc.; 1976. Also, 20th Revised and Expanded Anniversary Edition, Springville, Utah: Christopher Publications, Inc.; 1996; pp 587-588

Grieve, M., *A Modern Herbal, Vol I & II*. New York and London: Hafner Publishing Co.; 1967. See excerpts at www.botanical.com accessed July 22, 2014

Ritchason, Jack, N.D., *The Little Herb Encyclopedia*. Pleasant Grove, Utah: Woodland Health Books; 1995; pp 244-245

Studies No Studies found as of 1/3/2015