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## Health Benefits of Pine – And Pine Tea as an Antidote for Spike Protein DNA Damages

Herbalists the world over have known about the benefits of pine needle tea for thousands of years. Pine needles are high in vitamin C and A among numerous other compounds which provide a long list of benefits. Pine needles tea offers [the highest levels of antioxidant benefits](#) compared with chemical extract processes. **Steep the needles rather than boiling them to retain the nutritional value.**

### Benefits of Pine Tea

- **Pine tea kills parasites and AI Nano Tech / Morgellons.** For this reason, it is included in the essential oils Morgellons protocol. **It also destroys harmful biofilm.**
- **Pine tea is an antidote for DNA-damaging spike proteins being transmitted from the ALL forms of “the shot.”** More information below.
- **Antiviral / Immune Support.** Pine essential oil has high antiviral properties that help your immune system fight illnesses and stay strong. Drinking pine needle tea gives your immune system a boost to fight sickness due in part to its high vitamin C content.
- **Respiratory Support.** The steam from pine tea soothes and refreshes. In addition, drinking the tea thins out pain-causing mucus. This tea is a natural remedy for common ailments like the cold or flu and respiratory infections. Pine essential oil a vaporizer clears sinuses blocked by allergies like hay fever and the common cold.
- **Antibacterial & Antiseptic & Disinfectant Cleanser.** To get the effects of pine for your skin you will need more than just a pine scented product. Essential oils and pine needle tea provide the strength needed to really get the benefits of pine. Your skin, nails and hair benefit from the sulfur contained in pine needles. Topical applications tea tree oil and pine – diluted with a carrier oil (coconut, olive oil etc.) – can help an array of skin issues such as cold sores, acne, dandruff and burns.

- **Digestion / Liver Cleansing.** Consuming a few drops of organic pine essential oil can take care of upset stomach causing waste or toxins. This is because of the pine oil's ability to cleanse the liver, helping the body in the detoxification process.
- **[Antioxidant](#), Anti-Aging & Brain Health.** Antioxidants fight free radicals that cause illnesses and aging. Pine needles help fight illnesses that attack the memory, too, thanks to the compounds found in pine. Compounds from different parts of the pine tree stop harmful plaques from forming in the brain of [patients with Alzheimer's](#). Pine needle tea is one of the most potent antioxidants there is, and it's known to treat **cancer, inflammation, stress and depression, pain, and respiratory infections**
- **Analgesic - Relieves Sore Muscles / Anti-Swelling / Anti-Inflammatory.** [Pine needle tea](#) is useful in increasing the body's circulation, helping oxygenate your body and internal systems including the lymphatic system. The health benefits to your blood alone can help the body heal any physical trauma. Pine can be used topically to help with the symptoms of arthritis.
- **Boosts Your Mood.** Pine has a way of energizing while calming and relieving from stress at the same time. The scent of pine can help lower anxiety, making you instantly happier, and relieve nervous exhaustion and fatigue.
- **Anti-Tumor.** There is medical research showing that pine needles have anti-tumor effects.

There are [other known benefits](#) that pine needle tea and the tea made from other evergreens share:

- [Antifungal](#)
- Antimicrobial
- Antitussive
- Astringent
- Diuretic
- Tonic

## **Pine Needle Tea as an Antidote to DNA-Damaging Spike Protein Transmission**

Front line [doctors and medical experts](#) have come forward and revealed that *transmission* from those who have taken "the shot" is happening at a rapid rate *without skin to skin contact*. The shot is being called an experimental bioweapon as it produces a synthetic spike protein from the *pathogen* they were injected with. ALL of the "serums" (shots) create these DNA-damaging spike proteins.

*Note - Frontline doctors use the term "serum" since, evidently, the way to avoid taking the jab is to say, "I am allergic to the serum".*

### **Side effects of the spike protein contagion**

- massive headaches

- micro-clots and sudden bruising throughout the body
- exceptionally heavy menstrual cycles among both the young and post-menopausal
- miscarriages
- reduction in breast milk
- sterility among both women and men
- household pets dying shortly after the owners get the serum.

Those who maintain high levels of health are not affected by either the serum nor the transference contagion. Their immune system seems to be warding off side effects at this point. However, come winter when the spike protein in their bodies will be challenged with new pathogens, we will all discover our true levels of health.

### Suramin – the Antidote to the Contagion

Suramin, which comes from Pine needles, has inhibitory effects against components of the coagulation cascade and against the inappropriate replication and modification of RNA and DNA. Excessive coagulation causes blood clots, mini-clots, strokes, and unusually heavy menstrual cycles.

There is a direct relationship between Suramin (the isolated extract), pine needle tea (a hot water extract of the pine, fir, cedar, and spruce needles), and pine oil (which is derived from the needles through an essential oil steam distillation process).

While Suramin has been proven to be effective, it is far better to use pine the way nature created it – as a whole herb. There are many other benefits that can be derived from the whole herb that will be missing from the isolated chemical.

### Making Pine Needle Tea

- **Recipe.** Use 1-3 tablespoons of needles per cup of near boiling water. This is a maintenance health-building dose. Stronger amounts of needles to water can be used therapeutically. If it feels too acidic (due to the vitamin C), moderate the quantity, and complement the tea with alkalizing food and dark green herbs or sea vegetables. For a strong immune booster use a combination of pine, cedar, and spruce needles.

Bring the water to a boil and deposit the needles into the hot water. Remove it from the heat, and immediately cover the pan. Steep 15-20 minutes. Keep the lid on while it brews and that will trap the essential oils inside the water and prevents them from evaporating out.

Use distilled water or highly purified water, like the Alexapure (available at [www.patrioticstrong.com](http://www.patrioticstrong.com)). **Do NOT use tap water.**

Pine needle tea with chaga mushroom: <https://www.youtube.com/watch?v=JZrOW1PgISw>

- **Dosage.** The dosage for normal health maintenance is 3 glasses per day, but since we are being hit with bioweapons, it would be advisable to double your intake to 6 glasses per day. You may want to alternate between the lighter pine needle tea and the

stronger immunity boosting tea. **If you have a strong detox reaction, lower your consumption, then build up to this dosage to avoid a strong Herxheimer (toxic overload) reaction.**

## Benefits of Pine Bark

- **Nutritive.** Native American tribes ate this **inner bark** – called the **cambium** – throughout the winter to prevent starvation. They ate any parts of the tree that they could prepare to be palatable. Young reddish cones can be overwhelmingly strong tasting and bitter – an acquired taste, but the new Spring growth it is soft enough to chew.
- **Anti-Inflammatory & Antioxidant.** Pine bark's anti-inflammatory capabilities influence the body's cellular pathways that regulate inflammation and your [immune system](#). It is a therapeutic option for the [coronavirus \(SARS-CoV-2\)](#).
- **Chronic heart disease; reduces the likelihood of blood clots** by reducing oxidative stress and improving venous function. Because pine bark is both anti-inflammatory and antioxidant, it can support a healthy [heart](#) and cardiovascular system in a number of ways including.
- **Diabetes and metabolic syndrome**
- **Traumatic brain injuries**
- **Asthma / COPD**
- **Other potential uses.** Pine bark extracts are also being investigated for a multitude of other uses in human, animal, and test-tube studies. These include:
  - Healthy aging (antioxidant)
  - Wound healing
  - Menopause
  - Bone Loss
  - Alzheimer's
  - ADHD
  - Skin Health
  - Athletic Performance
  - Improved Cognition
  - Erectile Dysfunction

**How to Use Pine Bark Extract.** Commercial pine bark extracts are typically sold as capsules or tablets, though powders and liquid tinctures are available, too. [Pycnogenol](#) is one of the most common pine bark extracts on the market. It's also a common ingredient in other supplement blends. The amount you should take may vary depending on why you're taking it and other factors like age and body weight. While this extract is effective, there is no substitute for what nature provides in its natural form.

## Cautions

**Varieties to Avoid.** Some varieties of pine are dangerous. [Learn to identify these harmful varieties](#) if you're practicing up on your pine for survival practices. **The poisonous varieties are Japanese Yew, Ponderosa Pine, Norfolk Island Pine, and White Balsam.**

Japanese Yew – not a true pine



Here are features of the yew that distinguish it from spruce:

- Needles are flat and bendable with a dark top and lighter colored bottom side
- No cones (yews produce a red fruit with a single seed)
- Needles grow primarily laterally from the stem (from the sides, not the top or bottom)
- Usually they are less than 10'

Norfolk Island Pine – not a true pine



Ponderosa Pine



Balsam Fir – this is your typical Christmas Tree. It may be toxic because of the pesticides used by some tree farms. (See photo to right.)

Limber Pine (Rocky Mountain White Pine) – can be identified because branches can be bent in half without breaking.



**Pine needle tea may cause miscarriage. If you're pregnant or may be pregnant, avoid eating or drinking items made from pine in general.**

**Interactions with medications** - some medications for blood clotting, [diabetes](#), and immunosuppressants may interact with pine bark. Always check with your healthcare provider if you're considering this supplement, especially if you have any medical conditions or are taking any medications ([7](#))

**If you are allergic to pine nuts or pine pollen, you may want to steer clear of pine remedies.**

**Pine may not be safe for animals.**

**Pine bark** is very fibrous. Eating it raw may cause stomach pain and cramps, so any other preparation is desired over consuming the bark raw.

## Identifying Spruce vs. Pine vs. Fir

They hype right now is about the benefits of pine, but varieties of spruce and fir are also viable. Way too often the word “pine” is used to refer to all needled evergreen trees or all [conifers](#) (conifers produce pinecones). The fact is that Pines and Spruce are different genres. There are a number of other genres of needled evergreens, and it can be fun to know the differences between them.

Pine, fir, and spruce trees are often confused as not all conifer trees are pine trees and not all evergreens are coniferous. It doesn't help that common names of trees can be misleading. For example, a Douglas Fir is not a fir tree and is actually a pine tree. My first advice for identifying pines is to look at the scientific names of the tree and not their common names.

Look for the number of needles that come out of the same spot on a twig. If a twig bears needles in groups of two, three, or five with a papery wrapping at the base, you can safely call it a **pine**. If the twig carries its needles singly, it's a good bet you've got a fir or a spruce. Pull off a needle and roll it between your fingers. If it feels flat and doesn't roll easily, it's a **fir**. If the needle has four sides and, thus, rolls easily between your fingers, it's a **spruce**.



**Spruce**

**Fir**

**Pine**

White pine varieties are gentler for human consumption than red varieties. You can tell the difference between the two because the needles clusters on white pines contain five needles each which corresponds to the five letters in white. Red pines have three needles per cluster just like there are three letters in the word red.

**Helpful Videos:**

Pine Needle Tea Video (3 min) - <https://youtu.be/MY4UNrjnoLA>

Wild Food Foraging – Pine / Spruce / Cedar / Fir – <https://youtu.be/RdTcmexTBH0>

Tree Identification - <https://www.youtube.com/watch?v=HqZvShj5ki8>

**Pine Needle Sources:**

Nature! **Stay away from using pine from roadside areas (pollution) and farm areas (pesticides).**

<https://www.etsy.com/listing/966522916/eastern-white-pine-needles-1-lb>

<https://www.etsy.com/listing/728484784/blue-ridge-mountains-pine-needles>

<https://www.etsy.com/listing/681617302/north-eastern-appalachian-white-pine-tea>

Here is the main reference link for new wildcrafters when they post their harvests:

<https://www.etsy.com/listing/235866986/pine-needles-fresh-cut-or-dried>

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