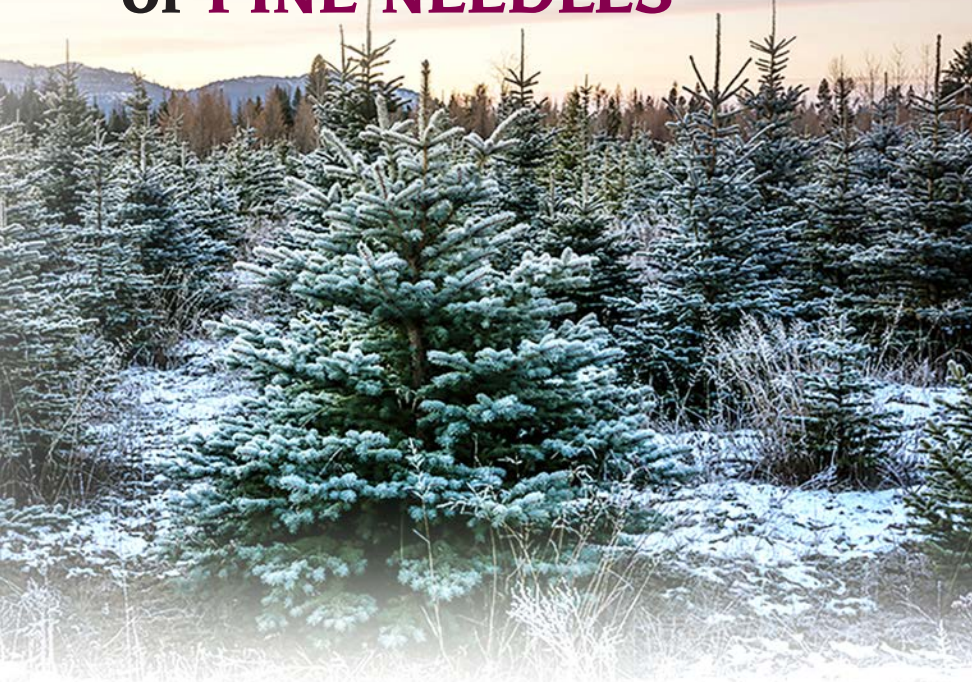


The Amazing Benefits of **PINE NEEDLES**

Maria Low



A stand of blue spruce at a Young Living tree farm in Canada



Recently, people have been asking me about the virtues of pine needles, as articles have been placed on the Internet stating that these needles could be helpful for the immune system during these times.

Pine needles come from the Conifer tree. The indigenous peoples of North America have always revered the Conifer tree for use in health maintenance and for helping the body to recover from several maladies. Both the bark and needles are used.

Once the branches or the bark have been harvested, the trick is to figure out how to secure the essential, active components. If the needles are placed in water and brought to a boil, is there anything beneficial left?

Certainly, the water would have a pine flavor, but high temperatures will remove the health benefits, as the essential oils are destroyed. At the Young

Living Farms, the temperature of distillers rarely goes over 160°F. Most Conifers are distilled at around 140°F.

There a number of Conifer trees with potent healing benefits: Idaho Black Spruce, Idaho Grand Fir, and Balsam Fir. In general, all these trees are a wonderful support for the respiratory and immune systems. Young Living created a powerful blend called Sacred Mountain, which includes Black Spruce, Ylang Ylang, and Balsam oils.

When Young Living selects a conifer tree, it is done at the coldest time of the year. The harvesting usually starts in December and continues through January and February. Why would Young Living staff and volunteers go out to the

forest when it is terribly cold to cut down a tree? As the weather becomes cold, the essential oils within the tree gather in the core of the tree and are no longer dispersed throughout the trunk and branches.

This makes the distillation far more efficient, as the oils have settled together in the center of the tree. Once a tree is selected, the needles, bark and core are run through a chipper and placed in huge, stainless-steel vats, where the steam enters and releases the drops of essential oil from the material. The result is a gallon to a gallon-and-a-half of essential oils from one ton of plant material. The oil is then tested and bottled under the Seed to Seal standard.

Young Living's Seed to Seal process includes stewarding the land from the beginning and the carefully controlled distillation and bottling processes at the end. This results in oils that are 3,000 to 5,000 times stronger than dried herbs. Unfortunately, most generic essential oil brands use dried herbs to create their products.



Herbs go through a drying process and are often stored for a long period of time. After storage, most of the herbs have lost up to 85% of their essential-oil components. The vitality of the plant is gone. These oils made from dried plant material will have little ability to enhance and support the health of the body. Quite simply, the essential oils are missing. A person may experience more benefits from steeping dried herbs to create an herbal tea.

Essential oils are called “essential” because the plant cannot live without them. The skill of a cook is to use the best method to maintain the essential oils in foods, so that food itself can be used as medicine. For example, it is difficult for people to maintain good health if they do not preserve the essential oils during the preparation of leafy greens and vegetables. Essential oils are indeed wonderful substances.

Other countries also have trees indigenous to their areas that are beneficial. For example, the Palo Santo tree in Ecuador, the Frankincense trees in Jordan and Somalia, the Sandalwood trees of India and the Myrrh trees found in Far Eastern countries.

The reason Young Living works through a referral model is so that consumers can receive educational information from others with experience and interest in the topic. It can be helpful to have someone to call to know how to best use these products. If Young Living Essential Oils were sold on a shelf at a store, this opportunity would be missing. ■

To acquire a wholesale account for Young Living Essential Oils, please contact Maria at yleo.aspirations.com or contact Young Living Customer Service (1-800-371-3515) and give them referral number: #10279. You can order whenever and whatever you want. Additionally, Maria sends a monthly educational newsletter. Please let Maria know if you'd like to receive this each month.



EDITOR'S NOTE: A TEA MADE FROM THE NEEDLES OF CERTAIN PINE TREES has recently been noted to

contain valuable *shikimic acid*, which is known to fight viral, bacterial and fungal diseases, to enhance immune function, and to restore the balance of bacteria and fungi in the intestines. For more information on its possible use as a home remedy (including cautions), see the HRR podcasts cited on page 17. ■

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