



PINE NEEDLE TEA

Making pine needle tea is easy, and only requires fresh pine needles and hot water! Drink several cups of this tea, cold or hot, every day if you have been exposed.

Ingredients

1/3 cup chopped pine needles

2 cups boiled filtered water

Optional: **honey or other sweetener to taste**

Directions

- Collect pine needles from trees you've positively identified as pines, and not from the trees mentioned below.
- Remove needle clusters from the branch and rinse.
- Chop or snip pine needles into small pieces, discarding the brown covering holding the needle cluster together.
- Place chopped needles in a teapot or cup and cover with freshly boiled water.
- Allow to steep 10-15 minutes, strain and enjoy.

Precaution: Some of the most well known toxic varieties include the ponderosa pine, balsam fir, lodgepole, and Monterey pines. Avoid them. Do thorough research or acquire pine needles from a trained herbalist or natural medicine practitioner. There are also toxic imitators, such as the English Yew, Norfolk Island pine, and the Yew pine. These should never be used to brew pine needle tea.

References

FloraNFaunaFarm - [Rare Plants and Fresh Pine Needles and Tea Products](#)

[Pine Needle Tea: Potential Antidote for Transmission of Spike Protein](#)

[3 Foods That Contain Shikimic Acid to Halt Spike Protein Transmission](#)