

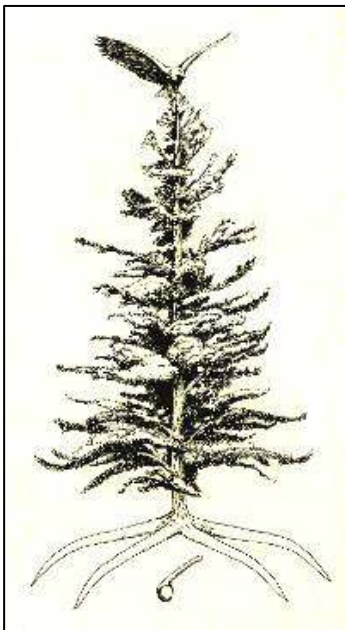


# Willow Moon Herbals

## Eastern White Pine

Latin binomial: *Pinus strobus*

**Description:** The Eastern White Pine has the distinction of being the tallest tree in eastern North America. In the 1700's, Ben Franklin visited the intertribal leadership group called the Iroquois Confederacy ~ and advocated the adoption of some of their peace-based traditions as the basis of the US Constitution. The Iroquois Confederacy consisted of five indigenous tribes coming together to unite rather than make war. The story tells of a great Peacekeeper who appeared and encouraged unity among the Five original tribes under the Great Law of Peace. He unearthed the "tree of long leaves" ~ white pine ~ and one by one the leaders from each tribe threw their weapons into the hole so that ground water could wash away the blood of death and desire for destruction that they contained. The Peacekeeper replanted the tree and taught the people to meet under its protection. They observed that white pine grew its leaves in clusters of five, each of the five needles representing the five nations of the confederacy. The branches all joined to one trunk rooted firmly in the earth and reached toward the sky. The Peacemaker placed an eagle atop the pine to gift the chiefs of the tribes with far vision for approaching danger and to see the larger picture of life. The pine has four roots one growing in each direction of north, east, south and west. To return to inner peace one need only sit under this graceful tree and pull one's energy back into the center from all directions ~ thus the white pine is known as the "Tree of Peace".



**Uses:** While there are too many to list here, White pine is astringent, antiseptic, is an anodyne, an expectorant and analgesic. As a tea, the needles are one of nature's richest sources of Vitamin C: use to soothe coughs and ward off colds and flu; the sap is useful for sores, scratches, wounds, boils, ulcers, blisters. It draws out splinters, stys, and pimples, and can soothe burns, hemorrhoids, and itchy bites. You might even try it on poison ivy! Take a moment to get to know this wonderfully healing local botanical and breathe in the calming scent of pine. You'll be glad you did!

**Dosage:** Make a light decoction by simmering chopped pine needles in a small saucepan covered with water for 10 min, then steep for 15 mins. Drink 1 cup, 1-3 times daily.

*Sources: Herbal Rituals, A Modern Herbal, www.susunweed.com*

*Note: Any remedies listed on this web site are from historical references and used for teaching purposes only. The contents are not meant to diagnose, treat, prescribe, or substitute consultation with a licensed health-care professional.*

po box 85 ☪ mendham, nj ☪ 07945 [willowmoonherbals@gmail.com](mailto:willowmoonherbals@gmail.com)

[www.willowmoonherbals.com](http://www.willowmoonherbals.com)