

# Pine Needles – The Breath of Vital Life

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## Botanical Profile

- Latin Name: *Pinus* spp. (commonly *Pinus sylvestris* or *Pinus strobus*)
- Alternative Names: Scots Pine, Eastern White Pine
- Plant Family: Pinaceae (Pine family)
- Parts Used: Needles (also bark and resin in some traditions)
- Origin: Native to the Northern Hemisphere; abundant in forests worldwide

Pine Needles are a symbol of resilience, purification, and breath. At Peridotflow, we honour pine as a tree of strength and connection—grounded in the earth and reaching for the sky. The needles bring in a clear, resinous vitality that cleanses the lungs, opens the breath, and lifts the spirit with evergreen presence.

## Respiratory Support and Lung Strengthening

Pine needles are revered for their expectorant and bronchodilating properties. They help to open the lungs, clear phlegm, soothe inflamed airways, and invigorate the breath—especially in cold, damp, or stagnant conditions.

## Rich in Vitamin C and Antioxidants

These green needles are surprisingly nutrient-rich, containing high levels of vitamin C and flavonoids. They support immune function, reduce inflammation, and help combat oxidative stress, especially during winter or times of illness.

## Immune Support and Antiviral Properties

Pine has long been used for its immune-enhancing and antiviral actions. It stimulates circulation and immune responsiveness, offering subtle defence during colds, flus, and infections. The needles also have gentle lymph-moving properties.

## Mood Lifting and Nervous System Clearing

The scent and essence of pine brings clarity and uplift to heavy moods. It can be used in teas, baths, or aromatherapy to dispel emotional fog, soothe nervous tension, and reconnect with grounded vitality.

## Circulatory and Lymphatic Stimulation

Pine needles gently support circulation and the flow of lymph, especially when the body feels stagnant or cold. They pair beautifully with movement, deep breathing, or sauna therapies for full-system renewal.

## Folklore & History

Pine trees have been revered across cultures as symbols of longevity, protection, and clarity. Used in smoke rituals, bath brews, and healing ointments, pine was believed to clear away negative energies and bring strength to the spirit. Native and European traditions both prized pine for its powerful cleansing and protective essence.

## Traditional Usage

Traditionally, pine needles are made into teas, infusions, steams, or baths. They are harvested fresh and infused gently to extract their volatile oils and vitamin C. Pine resin and bark are also used in salves and warming liniments.

## Herbal Actions

Expectorant, Bronchodilator, Immune Stimulant, Circulatory Stimulant, Antiviral, Antioxidant, Lymphatic, Nervine (mild)

## Energetics & Tissue States

Temperature: Warming

Moisture: Slightly Drying

Tissue States: Cold, Damp, Stagnant, Lax

## Active Compounds

- Vitamin C – immune and antioxidant support
- Volatile oils – including alpha- and beta-pinene
- Flavonoids – anti-inflammatory
- Resin acids – antimicrobial and expectorant

## Dosage & Preparation

- Tea: 1 tbsp chopped fresh needles per cup, steep covered 10–15 min; drink 1–3x/day
- Steam: Add fresh needles to boiling water, inhale deeply
- Bath: Strong infusion or handful of fresh needles added to warm bath
- Tincture: Less common, but used at 1–2 ml up to 2x/day

## Safety & Contraindications

- Avoid during pregnancy (some pine species are emmenagogues)
- Ensure correct species—avoid Ponderosa or Lodgepole Pine
- May cause mild stomach upset in sensitive individuals if overused

## **Herbal Pairings**

- Mullein Leaf – for dry or irritated lungs
- Thyme – to boost antimicrobial and expectorant action
- Elderflower – for respiratory infections and fever
- Cleavers – to support lymph flow
- Lemon Balm – to lift mood and clear fog

## **Peridotflow Perspective**

Pine reconnects us to breath, resilience, and the natural rhythms of life. It clears stagnation from the lungs and the mind, bringing in crisp vitality and clarity. A walk through pine woods or a warm pine infusion reminds us how alive and connected we truly are.