



WHITE PINE

— *Pinus strobus* —

— Quick Guide for Herbal Practice —

— RESPIRATORY SUPPORT —

- Supports comfortable breathing during colder months
- Calms irritation in lungs and soothing dry tissues

— PREPARATIONS —

- **Herbal Syrup** For seasonal congestion and comfort
- **Steam Inhalation** Aromatic breathing support
- **Infused Oil** To soothe dry, weather-worn skin
- **Salve** Resin-based balm for minor wounds

— KEY CONSTITUENTS —

- **Aromatic compounds** For lung affinity
- **Resins** For tissue protection
- **Vitamin C** For antioxidant support
- **Tannins** For tissue tone

— WHITE PINE REFLECTS ENDURANCE —

Steadily protects exposed systems and
reinforces the body's gradual return to balance.