



Ground Pine Bark

Treatment for colds and flu. It loosens and expels phlegm from the respiratory tract, *easing bronchitis and lung congestion*, and its warming qualities *stimulate circulation*, which may ward off colds and flu before they settle in. The high content of *nature's most powerful antioxidants*, (proanthocyanidins/PCs/OPCs) in Pine Bark have made it the focus of much attention in the area of *combating free radical damage, arteriosclerosis and strokes.*

Information: Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at www.VibrantHealthCommunity.com (or call 1-866-378-8253) before starting or changing your program.

Details:

Botanical: *Pinus strobus*

Family: *Pinaceae* (pine)

Other common names: White Pine Bark, Eastern White Pine, Northern White Pine, Pumpkin Pine, Soft Pine, Deal Pine, Weymouth Pine (in Britain)

Pine needles contain five times the amount of vitamin C (by weight) of lemons and make an excellent tea, and the inner bark is edible and is also a source of potent antioxidants.

Beneficial Uses:

Pine Bark is an excellent expectorant and is used to loosen and expel phlegm and mucous excretions from the respiratory system. The inner bark has been a longtime standard herbal remedy for coughs, whooping cough, croup,

bronchitis, laryngitis and chest congestion due to colds.

As a warming and aromatic stimulant, Pine Bark is said to increase circulation and further help to overcome or prevent the onset of colds and flu by raising circulatory action.

Pine Bark contains the second highest source (the first is Grapeseed) of nature's most potent antioxidants, tannin compounds, called proanthocyanidins (also called OPCs for oligomeric procyanidins or PCOs for procyanidolic oligomers) that provide a high degree of antioxidant capacity, which fight free radical damage in the body. These compounds allow the body's cells to absorb vitamin C, which is helpful in protecting cells from the free radicals that can bind to and destroy cellular

compounds. These qualities may be helpful in building the immune system and fighting invasive material and other infections. They are classified as flavonols, and the way in which these versatile healing compounds are distinct from flavonoids is their simple chemical structure, which allows them to be readily absorbed into the bloodstream. They work actively against fat-soluble and water-soluble oxidants, thus protecting the cells from damage, and their antioxidant activity is thought to have great potential in combating cellular damage caused by foreign infectious attack.

Pine Bark's OPCs, which may also be derived from Grapeseed, Red Wine, Hops, Pomegranate and various other fruits, nuts and beans are believed to contribute to a lowered incidence of arteriosclerosis and coronary heart problems. Pine Bark is also a source of resveratrol, which is thought to raise the levels of high-density lipoproteins (HDLs or “good” cholesterol) in the blood, while decreasing the low-density lipoproteins (LDLs, or “bad” cholesterol) and thereby possibly helping to prevent heart attacks and strokes. It is also said to prevent fat in the bloodstream from sticking together and clogging the arteries, which is thought to

promote better circulation of blood throughout the body, especially to the heart. The inner bark of Pine Bark (cambium) is the source of resveratrol, a polyphenolic phytoalexin, which is produced in plants that is reputed to have antifungal properties.

According to recent research (2008) from Peninsula Medical School, England, the resveratrol found in Pine Bark, Grape Skin and Red Wine can protect against cellular damage to blood vessels caused by high production of glucose in diabetes, claiming resveratrol's antioxidant effects are well documented. But the new research establishes the link between high levels of glucose, its damaging effect on cell structure and the ability of resveratrol to protect against and mend that damage. Moreover, resveratrol could be used to block the damaging effect of glucose, which, in turn, might fight the often life threatening complications that accompany diabetes. It could well be the basis of effective diet-based therapies for the prevention of vascular damage caused by hyperglycemia in the future.

Pine Bark is considered a diuretic, and as such, encourages the flow of urine, which is said to be very helpful in cases of urinary tract infections and kidney problems.