

Make your own Tamiflu

with Pine Needles or Star Anise or
Fennel Seeds and a coffee machine.



Make your own Tamiflu at home.

Please watch the videos at Natural News for more information. And do your own research on Shikimic Acid, Pine Needle Tea and using coffee machines as herbal extractors.

China has been using Star Anise for thousands of years for respiratory complaints and influenza. Its main ingredient is Shikimic Acid which can help beat Covid-19 and the Covid-19 Vaccines that have Spike Protein which causes viral replication and blood clotting.

The Chinese have proven the benefits of Shikimic Acid from Star Anise over the centuries and Roche Pharmaceutical has created Tamiflu from it (copied them). In some countries, it is hard to get Tamiflu and it can be expensive. Shikimic Acid from Star Anise and Pine Needles is good for combatting any virus but it is also essential if you decide to have a Covid-19 vaccine to stop blood clotting and viral shedding from the spike Protein.

The most common source of Shikimic Acid is Star Anise which is available in most Asian grocery shops. Other sources are Red and White Pine Tree Needles, Masson Pine Tree Needles and Fennel Seeds.

Star Anise 8.95% Shikimic Acid, Mason Pine (red and white) needles 5.5% Shikimic Acid and Fennel Seeds around 2% Shikimic Acid. There are other sources of Shikimic Acid. You can do your research on those.

How to make it

The best way to make an extract from either of these three sources is to put one of them into a herb grinder (or another device) and make powder. If the Pine Needles are still fresh, cut them very fine. Then using your espresso coffee machine add the powder to the coffee porter. Then add a mixture of 30% vodka (or another form of alcohol 90%) and 70% pure water to the machine. Then make your extract the same as you would coffee, around 2 minutes. This would probably make enough extract for four people per day. When making it think of coffee as being a herbal mixture and drink the extract in similar amounts. Not too strong.

A good approach: grind Star Anise into powder, pack in the Espresso Porter filter. Extract it with 30% ethanol (vodka) 70% water (because heat and pressure is a good way to extract) 200 ml of solution for around 2 minutes.

If you don't have an espresso machine then buying one would be a good idea because you can make extracts from all kinds of herbs this way. If you can't buy one then bring the herbs to a boil and simmer for an hour. Or, just make herb tea with them.

Pine Needles

Pine needles have to be from certain kinds of pine trees. Red Pine, Masson Pine and White Pine (*Pinus strobus*) are ok.



Yew Pine and Ponderosa Pine are NOT OK.

Pine needles are also full of Vitamin C which is a good thing for a virus too. If you do your research you will find Pine Needles are a popular herb, worldwide for many kinds of complaints.

Do not use Pine Needle extract if you are pregnant or thinking about becoming pregnant!!!!!!NO NO NO



Star Anise

This is a Chinese and Japanese Herb used for respiratory complaints. It has the highest amounts of Shikimic Acid. It is used as a tea or a flavouring in some foods like Beef Noodle soup and the source of Tamiflu. It can be found at Asian grocery shops quite cheaply.

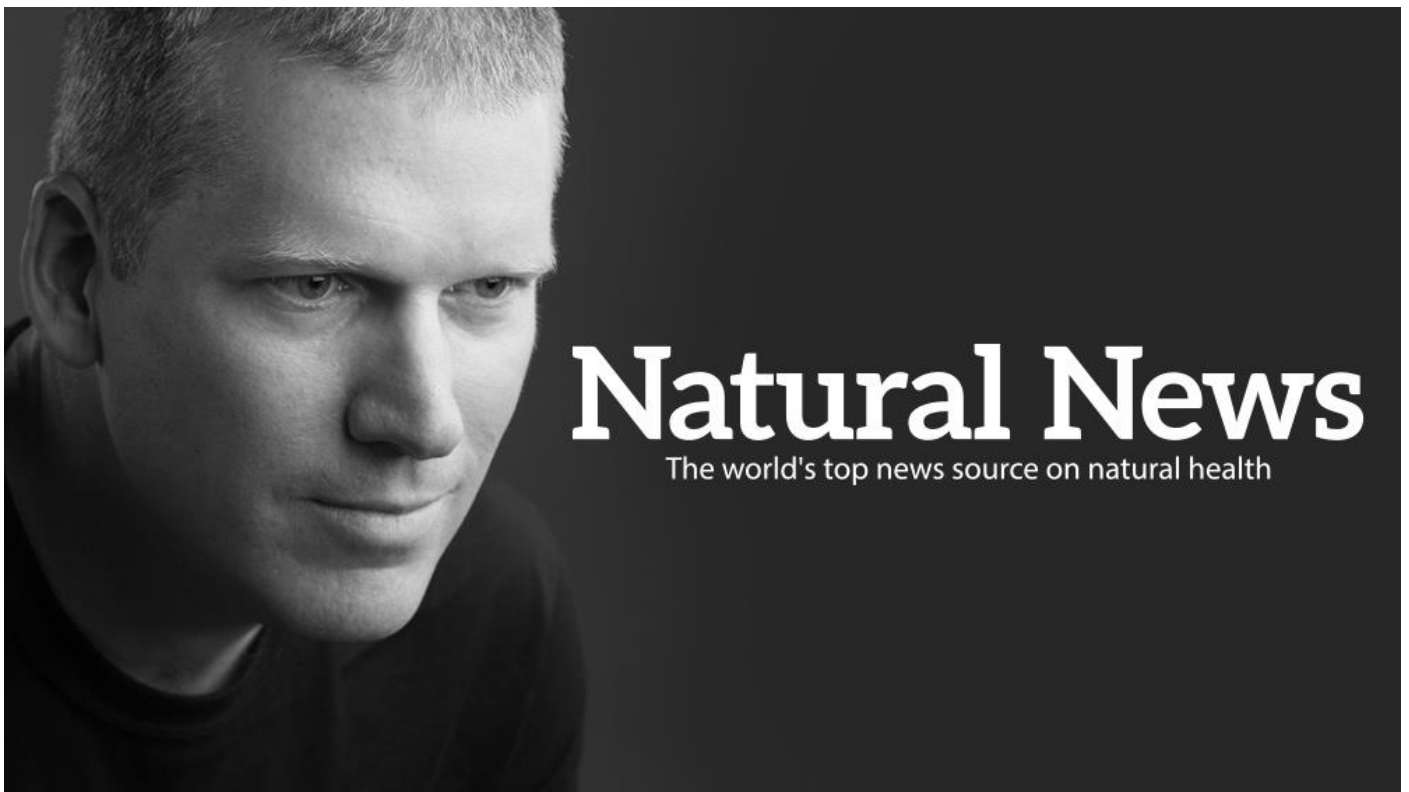


Fennel Seeds

Fennel seeds have Shikimic Acid and an anise flavour the same as Star Anise and are a well-known herb for maintaining heart health, weight loss and cancer.



Sources for this mini-book



Mike Adams the mighty Health Ranger at
<https://www.naturalnews.com>

Watch the video at the bottom too.

<https://www.naturalnews.com/2021-05-09-is-pine-needle-tea-the-answer-to-covid-vaccine-shedding-suramin-shikimic-acid.html>

Information about Fennel Seeds

<https://www.naturalnews.com/HRR/2021-05-11-special-report-fennel-seeds-also-a-source-of-shikimic-acid-to-fight-covid-vaccine-shedding.html>

Chemistry Professor Ray Fort Jr at the University of Maine at Orono.

http://archive.boston.com/news/local/massachusetts/articles/2010/11/07/maine_pine_needles_yield_valuable_tamiflu_material/

Researchers discover Shikimic Acid in Pine Needles



Scientists From Hobart University, Australia.

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AMAZING

They are very smart and have developed an easy and effective way
for everyone to extract the essential components from herbs to
make medicine at home.

https://pubs.acs.org/doi/suppl/10.1021/acs.orglett.5b00936/suppl_file/ol5b00936_si_001.pdf

<https://www.sciencedirect.com/science/article/abs/pii/S2352554116300493>

https://pages.uoregon.edu/chendon/coffee_literature/2015%20Org.%20Lett.,%20Shikimic%20acid%20extraction%20from%20anise%20using%20espresso%20machine.pdf

Other options to consider for Covid-19

Papaya leaf tea or juice is anti-malarial so it may work better than hydroxychloroquine. A few youngish leaves in a teapot. Make tea and drink it.

<https://timesofindia.indiatimes.com/life-style/food-news/papaya-leaf-juice-has-magical-health-benefits-read-this/photostory/68272139.cms?picid=68272162>

Thailand hospitals are using 1/2 teaspoon of Andrographis a day with the onset of flu symptoms. This is a popular flu herb in Germany. I take it every day.

<http://herbalgram.org/resources/herbalegram/volumes/volume-18/issue-1-january-2021/thailand-approves-asian-herb-andrographis-to-treat-covid-19/thailand-approves-asian-herb-andrographis-to-treat-covid-19/>

Thailand people are blending Krachai for the onset of symptoms of flu. Boesenbergia rotunda. Commonly known as Chinese keys, fingerroot, lesser galangal or Chinese ginger, is a medicinal and culinary herb from China and Southeast Asia.

Blend around 100-300 grams and keep in the fridge. Every day take a spoonful, add some honey and lemon juice.

Best Chinese herbs for Covid-19

<https://www.naturalnews.com/2021-05-13-medicinal-herbs-effectively-treat-covid19-patients-chinese-hospitals.html>

Recent research in china says the most potent anti-viral herbs are. Licorice Root, chicory root and Hibiscus.

The top three most effective plants for treating covid-19 included [licorice root, \(Glycyrrhiza glabra\)](#) chicory root, (Cichorium intybus) and hibiscus flowers (Hibiscus sabdariffa). Licorice root has history of effectiveness against multiple viruses. In randomized, controlled trials, licorice root also demonstrated both a reduction of mortality for covid-19 patients and broad spectrum anti-viral activity against various causative agents.

The individual compounds with the greatest anti-inflammatory enrichment included quercetin, ursolic acid, kaempferol, isorhamnetin, luteolin, glycyrrhizin, and apigenin.

Other powerful antiviral plants include olive leaf (Olea europaea), white horehound (Marrubium vulgare), black cumin seed (Nigella sativa), garden cress (Lepidium sativum), Judean wormwood (Artemisia Judaica), guava (Psidium guajava), chrysanthemum (Glebionis coronaria), and Maryam's flower (Anastatica). These plants contain all the correct compounds that target all three antiviral targets.

Plants that had action against two of the viral enzymes included: hairy willow herb (Epilobium hirsutum), chickpea (Cicer arietinum), and Kantarioun (Centaurea incana). Plants that had action against two of the viral proteins included: roselle (Hibiscus sabdariffa), German chamomile (Matricaria chamomilla), celery (Apium graveolens), and alfalfa (Medicago sativa).

For more wisdom on treating infections,

My personal penny's worth.

Cayenne pepper (red chillis) is a wonderful blood thinner. It should prevent blood clotting.

Garlic soup is a good immune booster.

Andrographis is essential with any virus.

Turmeric with a pinch of black pepper is a good anti-inflammatory and so is Cordyceps mushroom which will help reduce the immune attack in your lungs.

A teaspoon of Vitamin C and a 1/4 teaspoon of baking soda in a glass of water is a refreshing way to get 5 Grams of Vitamin C. Put the powder in first then quickly add water and drink it like ENO's

I buy my herbs as powder, for around \$2, cheap. I have two jars. One with Ginger, Turmeric, Andrographis, Cinnamon, Astragalus, Berberine and Black Pepper. This one I use every day for power. I put 1 heaped teaspoon in a glass. Fill the glass a 1/4 full with water, stir and drink.

The other jar is a mixture of Turmeric, Andrographis and black (a little bit) pepper as an anti-viral. I take it the same as the one above. I also take 1/2 a dropper of Lugol's Iodine in a glass of water every day for over a year now and it is anti-viral too. You can take a few drops a day as a prophylactic and then more if you have the flu. Dr Sircus and Dr Brownstein have books on this.

Ivermectin is getting a good rap. Here is a good video with Doctors talking about using it for Covid-19

<https://youtu.be/YqNH6GVAATY>

Mike Adams is a wonderful resource for everything about Covid and life in general. He is well-read and a scientist.

www.naturalnews.com

Making Pine Needle Tea

from Dave's Garden

<https://davesgarden.com/guides/articles/view/3126>

The Amazing All-Purpose Pine Needle Tea

by [Bev Walker \(Sundownr\)](#) January 26, 2014

- [Add to Bookmarks](#)

A sure cure for scurvy; a remedy for cold, flu, obesity, dementia, bladder, and kidney issues; antidepressant; anti-hypertensive; anti-tumor; render chemotherapy less toxic to patients, and many more potential health improvements and nutritional benefits, can all be found in the Christmas tree you dispose of yearly!

(Editor's Note: This article was originally published on February 25, 2011. Your comments are welcome, but please be aware that authors of previously published articles may not be able to promptly respond to new questions or comments.)

I learned about pine needle tea a few months ago from a friend who claimed the tea helped him recuperate from a serious illness. It is a fact that the tea extracted from pine needles is very high in vitamin C, helped keep the early settlers alive through their first winter in America, and to this day, is regularly used by natives, hunters, and explorers in nearly every region around the globe.

Historical references tout the nutritional and medicinal benefits of pine needle tea, each claiming a different cure. I could easily accept claims for a few similar cures, but such diverse treatments sounded a bit unbelievable. While researching the best method to extract the tea from the needles, I found that various parts of the pine tree could be used for specific ailments, which may explain the broad claims about the tea! That turned out not to be the case.

What's so special about pine needles and water?

First, the amount of vitamin C is reported to be five times the amount found in a lemon, which is 83.2 mg, according to [NutritionData](#) web site.^[1] That means a cup of pine needles would yield more than 400 mg per cup of brew. Vitamin C is an antioxidant and an immune system booster. It also improves cardiovascular system functions, improves skin and eye health, which alone accounts for many of the positive results from using the tea, such as a cure for scurvy.

Second, pine needle tea is high in fat-soluble vitamin A, an antioxidant beta-carotene, which is needed for healthy vision (especially in low light situations), skin and hair regeneration, and red blood cell production! The vitamin A explains a few more of the nutrition and health claims, but certainly not all of them. There is

Who says so?

Well-known foragers, herbalists, and healers all agree that there is a lot of nourishment and medicine in a cup of pine needle tea.

In his book *Stalking the Healthful Herbs*, naturalist and forager Euell Gibbons said of pine needle tea, "With a squeeze of lemon and a little sugar it was almost enjoyable, and it gives a great feeling of virtue to know that as you drink it you are fortifying your

more to the tea than just vitamins A and C. There are many components to consider with swallowing a cup of pine needle broth!

Scientists are exploring the health and nutrition claims for pine tree foods that have been consumed for hundreds of years, such as the needles, bark, nuts (seeds), pollen, and resin (sap). So far, they have found enough information to back up the medicinal claims with the potential for more uses. The following list is only a sampling of the research being examined.

Documents contained by the National Center for Biotechnology Information, U.S. National Library of Medicine, section PubMed.gov., pertaining to pine needle extract, or tea, and the research being done:

[Chemical composition of essential oils from needles and twigs of balkan pine \(Pinus peuce grisebach\) grown in Northern Greece.](#) An investigation finds **many components** in the oil extracted from twigs and needles.

[Comparison of methods for proanthocyanidin extraction from pine \(densiflora\) needles and biological activities of the extract.](#) Proanthocyanidins are flavonoids with fantastic properties: **antioxidant, antidepressant, antibacterial, antiviral, antitumor, anti-inflammatory, immune system-boosting, cardiovascular-protecting, triglyceride-reducing, and more.** This report may confirm all the claims that pine needle tea can help ease, if not cure, most anything.

[Flavor compounds of pine sprout tea and pine needle tea.](#) A report found **55 flavor compounds** in pine sprout tea, and **29 flavor compounds** in pine needle tea.

[Plasma triglyceride-decreasing components of pine needles.](#) Components extracted from pine needles using a vinegar solution are believed to **reduce triglycerides.**

[Effect of new polyphenol drug ropren on anxiety-depressive-like behavior in rats with experimental Alzheimer disease.](#) An extract from spruce and pine needles has potential as a **treatment for depression, anxiety, and dementia.**

[Efficacy of anise oil, dwarf-pine oil, and chamomile oil against thymidine-kinase-positive and thymidine-kinase-negative herpesviruses.](#) The three essential oils listed were highly effective **against herpesviruses!**

[Antioxidant, antimutagenic, and antitumor effects of pine needles \(Pinus densiflora\)](#) This study found that pine needle extract could potentially be used for **cancer prevention!**

Documents contained by [J-Stage](#) (Japan Science and Technology Information Aggregator, Electronic)

Effects of Pine Needle Extract on Differentiation of 3T3-L1 Preadipocytes and Obesity in High-Fat Diet Fed Rats. Pine needle extract could help **control obesity.**

Article from the [Kennebec Journal](#): Maine Today Media
White pine needles help fight disease. A batch of pine needle tea yields shikimic acid which is the basis for "Tamiflu," one of the drugs recommended by the CDC to **fight the flu.**

body with two essential vitamins in which most modern diets are deficient."

Modern day forager "Wildman" Steve Brill includes a couple informative pages on using pine trees for food, nutrition, and remedies in his book *Identifying and Harvesting Edible and Medicinal Plants.*

The white pine, balsam fir, cypress, hemlock tree (not the poison hemlock plant), juniper, spruce, tamarack (or larch), were listed under Medicinal Trees category in *Back to Eden* by Jethro Kloss, a popular herbalist and food scientist of the early 1900s.

The [white pine](#) (Pinus strobus), is easily identified by its five-needle bundles, widely available, and the safest choice for foraging beginners.

Herbalist Susun Weed favors the white pine for many medicinal uses, as did many Native American tribes. Her article, [Great Tree Of Peace](#), includes much useful and interesting information about this generous tree.

In Mrs. Maude Grieve's [A Modern Herbal](#), pine needle tea is used as an expectorant for coughs and to help relieve chest congestion; demulcent that reduces pain and inflammation of membranes (good for sore throats); diuretic to relieve fluid retention, and has a helpful

Don't pick poisonous pines!

Most conifers are safe to experiment with tea preparations, but there are three you must avoid! They may be used by the pharmaceutical industry to create safe levels of extracts for drug manufacturing, but individual brewing could be hazardous.

Caution: Women who are pregnant, or who could become pregnant, are advised NOT to drink pine needle tea in general for fear it could cause abortion.

	<p>Yew (<i>Taxus</i>) This beauty grows from a shrub to small tree. It contains a toxic alkaloid called taxine that is highly toxic to humans and animals!</p> <p>Additional plant info: USDA, or PlantFiles</p> <p>Photo info: Wiki Commons; click to see larger original image.</p>
	<p>Norfolk Island Pine (<i>Araucana heterophylla</i>), Australian Pine The same frilly, pretty, little tree sold as an indoor Christmas tree is poisonous to many house pets such as: cats, dogs, and birds.</p> <p>Additional plant info: PlantFiles</p> <p>Photo info: Wiki Commons; click to see larger original image.</p>
	<p>Ponderosa Pine (<i>Pinus ponderosa</i>), yellow pine The twigs and needles of the ponderosa pine will abort a fetus in cattle and other farm animals, and is regarded as unsafe for</p>

effect on the bladder and kidneys.^[2]

Prophet, healer, and herbalist Edgar Cayce used pine needle oil in many of his remedies to ailing patients.

YouTube VIDEOS:

[Medicinal Teas-Pine Needle Tea](#) 7:32 min. BushcraftOnFire

How to make pine needle tea.

[Episode 92: The Pine Tree, Pinus](#) 10:00 min. EatTheWeeds

Everything you might want to know about pines.

human consumption,
too.

Additional plant
info: [USDA](#) or [PlantFiles](#)

Photo info: Wiki
Commons; click to see
larger original image.

Brewing perfect pine needle tea!

The perfect cup of pine needle tea is a very enjoyable and nutritious experience, and available any time of the year. Some like the taste of one pine over another, and some of us cannot tell the difference between them. Be sure to collect your needles from trees growing well away from road sides where they may be subject to constant vehicle exhaust, road salts, maintenance chemicals and weed sprays. Also, keep away from possible dump sites and dangerous locations.

- Gather a good handful of fresh young pine needles.
- Rinse the needles with water if you like.
- Chop the brown ends off and the rest of needles into small pieces, then bruise with a spoon for more flavor.
- Place the chopped pine pieces in a cup.
- Bring 8 to 10 ounces of water to a boil, and then promptly remove from heat.

- Pour the hot water over the needles in the cup.
- The bright green needles will float to the surface of the water.

- You can cover the cup with a saucer if you wish. This will hold in more of the essential oils, but take longer to cool.
- Allow the tea to steep until the needles turn a dull green and sink to the bottom of the cup, or overnight.
- The photos show a cup of white pine needle tea from start to finish.
- Depending on the type of pine needles used, your tea can be clear, or a light golden brown to reddish brown.
- Add sweetener of your choice, cream, or lemon, to your liking.
- You can add dried orange peels and/or spices for a more exotic flavor!

It is amazing what a simple cup of tea can hold. You can add a couple of cups of pine needle tea to your bath water for a refreshing and skin nourishing treat. We should all start our day with a nice cup of pine needle tea! You can step outside and gather a handful, or buy the prepared pine needle tea bags at a health food stores. Just one cup could help us feel better by enriching and healing our bodies with a little hug from Mother Nature.

Here's to our improved health! Bottoms up!

ENDNOTES:

[1]NutritionData.com. Lemon, raw, with peel.

<http://nutritiondata.self.com/facts/fruits-and-fruit-juices/1937/2> .

[2]Botanical.com. A Modern Herbal. Mrs. M. Grieve. Pine, White.

<http://www.botanical.com/botanical/mgmh/p/pinewh36.html> .

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About Bev Walker

I was a serious organic gardener and composter 30 years ago, then my life took me in a new direction with kids and career. I am just now returning to gardening and learning new techniques, and loving every minute of it. I hope to share my experiences with you from my shady yard.

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Ultrasonic Machine Method from Mike Adams

Golden Formula getting the most shikimic acid out of pine needles
Ultrasonic extraction method. Ultrasonic Cleaning Machine
Prepwithmike.com checkout the video.

Ethanol concentrate 77.5% alcohol = vodka, the rest is water.

1: 3 parts vodka to 1 part water 100% pure grain alcohol

2: Temperature 65 degrees Celsius. Needs a heater in the machine.
Keep an eye on it when you do it.

3: 1 gram of pine needles - 28 grams of alcohol and water mixture.
(water density of 1) 1 ml of water = 1 gram

Weigh needles 1 gram and add 28 mls of liquid

Or 10 grams of needles and 280 mls of liquid.

4: Extraction time is 25 minutes.

3 parts alcohol 1 part water

Very clean water

Material liquid 1 gram - 28 mls

Hit go and stars buzzing. Now you have pine needle tea.

You have suramin and shikimic acid etc.

Filter the liquid get out the fine needles coffee filters/ bag and funnel.

Contains Vit c, Vit A, Shikimic Acid and Suramin.

I am happy to help, Roditch at
<https://newcomz.wordpress.com>