

# Gemmo Memo: Mountain Pine

*Pinus Montana*, commonly known as Mountain Pine, is a towering evergreen native to the subalpine zones of the Pyrenees, Alps, Erzgebirge, Carpathians, northern and central Apennines, and higher Balkan Peninsula mountain ranges. It is considered a wilding conifer and classified as an invasive species in some regions.

Mountain pines are known to form a belt of protection at the edge of forests, often serving as erosion control or as effective avalanche protection. Mountain Pine is known for its ability to stabilize the ground it grows on. In open valleys and on moors, they can grow up to 10 meters high

Those who could benefit from Mountain Pine extract, unless exhibiting acute symptoms, would be in Stage 3 of the Restoring Immunity system having already optimized elimination. They will be mature women and men who exhibit one of the following symptoms:

- Acute or chronic weakening or pain associated with the bones
- Acute broken bones

**PRECAUTIONS:** As like all conifers, Mountain Pine is a stimulating extract which can negatively impact sleep when taken after 12 noon. If sleep is disrupted by a midday dose, then consider taking it first thing in the morning.

There is much more to learn about Mountain Pine as a Gemmotherapy extract, so be sure to listen to this podcast with my colleagues, herbalist Teri Brooks and acupuncturist Maegan Lemp. You will discover its historical uses, the primary and secondary actions of Mountain Pine Gemmotherapy extract, and insight to how it is viewed through the Asian medicine lens.

Consider subscribing now to my Restoring Immunity podcast on Spotify or ApplePodcast/iTunes. Or, if you prefer to watch videos, subscribe here to my YouTube channel.

You can find Mountain Pine as well as other single extracts for purchase on my Immunity store.