

The efficacy and function of pine needle tea and how to take it 9.29.21

2020-03-24 / Source: Love Lin / Views: 3625

<https://wapask-mip.39.net/bdsshz/question/36365145.html> in Chinese

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The pine needle tea is stretched and straight like a spear, and the color is emerald green. The fragrance is long-lasting, the soup is bright and green, the taste is fresh and mellow, and the bottom of the leaf is fresh and green. Pine needle tea is aromatic and pure, with a long aftertaste. Let's take a look at the efficacy and function of pine needle tea and how to take it. I hope

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The efficacy and function of pine needle tea

1. Prevent high blood pressure

Pine needle tea is rich in catechins and flavonoids. Inhaling these substances has a very positive effect on the human cardiovascular system. It not only expands blood vessels, promotes blood circulation, but also reduces blood viscosity. People often brew and drink pine needles. Tea can prevent the blood pressure from rising, and it can also reduce the excessively high blood pressure as soon as possible. It has great benefits for maintaining the stable and normal blood pressure of human beings.

2. Prevent high blood sugar

Pine needle tea is also a healthy drink that can prevent high blood sugar, because pine needle tea can not only regulate human body secretion, but also maintain normal human metabolism and accelerate human body insulin secretion. It can prevent blood sugar from rising and reduce the incidence of diabetes. In addition, life For those suffering from high blood sugar and diabetes, drinking more pine needle tea will also have great benefits for recovery.

3. Delay body aging

Pine needle tea can keep all tissues and organs of the human body younger, can improve the function of all tissues and organs, and can reduce free radicals, build up in the body, and reduce its damage to human tissue cells. People often drink pine needle tea, which can delay body aging. It can also prolong life. In addition, the vitamins, polysaccharides and active ingredients contained in the production can directly act on human skin, and can play a variety of beauty effects such as lightening and whitening and tightening the skin.

How to take pine needle tea

The most common method of pine needle tea is boiling and braising tea.

Boiled: First cut the washed pine needles into three sections, add 600 ml of water, and boil in a casserole or stainless steel container until it reaches 300 ml of water (about 10-15 minutes).

Braised tea: Cut the washed pine needles into three sections, put them in a thermos bottle and rinse with boiling water, and simmer for half an hour. Generally, pine needles can be brewed several times, and each time the taste and composition are different, you can drink it instead of tea. If it is for

the purpose of health care, there is no need to make it too thick, and the amount is about the same as that of tea leaves.

Precautions

1. Don't collect pine needles from the roadside casually, because the pine needles here are polluted by automobile exhaust for a long time, and it is not good for health after taking it. Do not pick young pine trees within 5 years and pine needles that are less than 3 meters in height.

2. The boiled pine needle soup is used as a tea, and it can also be drunk on an empty stomach in the morning and evening. Patients with high blood pressure should not stop using antihypertensive drugs without authorization. When the blood pressure returns to normal, the dosage of drugs can be gradually reduced under the guidance of a doctor.

3. Pine needles are oily plants, which are easily stained with dirt and must be cleaned. Use a soft-bristle brush to scrub or use a soft cloth dipped in detergent to wrap the pine needles and scrub. After washing, soak in clean water.

Also -----

Could you please introduce the method and drinking of pine needle tea? What is the law?
Doctor answer (2)

1 - Lin shallow , MD
General Department of Tianshui Shuidong Hospital

Condition analysis: Hello, usually a pack of pine needles from *Pinus tabulaeformis* [1] is collected, which is more than 3 meters in height and more than six years of growth period. Try not to collect polluted pine trees. Pick male branches in spring and summer, with more vitamin C, and female roots in autumn and winter. The pine needles have more vitamin E. Grab a large handful, wash, the pine needles are oily plants, easy to contaminate, not easy to clean, can be cleaned with a small amount of detergent, after washing, soak in water for a while. Then boil it in a stainless steel pot. 20 minutes. Drink 3 large cups of pine needle tea in a row like drinking tea. Drink 3 times a day, each time is 3 large cups.

[1] a medium-sized evergreen tree 20–30 m tall, with a flat-topped crown
2015-02-17

2 - Wu Chuying physician
General Department of Huangshan Taile Hospital

Disease analysis: Boil and soak pine needles; boiling method: cut the washed and soaked pine needles into 3 sections, put 600 ml of water in a casserole or a stainless steel utensil and cook. The remaining 300 ml is enough to cook in 10-15 minutes. It can be directly soaked in hot water to drink as a substitute

for tea. Pine needles can be brewed several times. There is a bit astringent taste at the first drink, so you can adapt slowly. Or wash the pine needles and soak them in water for more time (for example, overnight), can also go to astringency. You can mix lemon, honey, black tea, rose, jasmine, maltose, etc. with pine needle tea, and the taste is also good.

2015-02-17