



Tree Farmacy

*As you walk
among the
Trees,
remember to
thank them
as you
breathe.*

Madeline Marchell

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Introduction: Types of Trees

Deciduous Trees – work with the rhythm of the seasons. There is a time to germinate, blossom, shed and harvest.

Evergreens – are not only Pines. Magnolias, Eucalyptus and Rhododendrons are also Evergreens. These hold their foliage even when resting in Winter. They adapt and persist regardless of conditions.

Note: Yellow-leaf Trees and flowers strengthen kidney, stomach, pancreas, liver, spleen, bladder, and cerebral cortex.

Green Trees treat lung, heart, breast and thymus diseases, and release toxins.

Red-leaf Trees alleviate joint disorders, work with Heart health, and reduce pain.



I have associated some of the Trees with Chinese 5 Element Theory. It includes an Element and a Healing Color. You can associate your meditating color with Trees by identifying their bark or flowers. Best to establish a relationship with a Tree to determine the unique and personal healing properties for the both of you.

(Disclosure: Remember to ask a Tree if it wants to participate with you. When the Tree needs healing instead, please do so. This list is for informational purposes only. It should not be used instead of physician advice.)

All Purpose

Apple – is associated with the *Tree of Knowledge*. It rests in Winter so it can produce fruit. The fruit contains antioxidants that improve your immune system. In the Spring, the sweet aerosol of its blossoms promotes happiness. Each branch has its' own individual twist. Apples heal on all levels. The Element for meditating is Fire and the color is Red for Heart/Small Intestine.

Anxiety

Aspen – Its leaves turn yellow in Autumn to give us just enough color as daylight fades. It helps to calm anxiety regarding change of seasons and personal fears. It stimulates communication with the higher self and contains healing properties both anti-inflammatory and analgesic. Trees with yellow leaves and flowers strengthen kidney, stomach,



pancreas, liver, spleen, bladder, and cerebral cortex.

Cypress - nourish Yin Qi and reduces heat.

Palm – is the *Tree of Peace*. It has a calming energy and provides protective energy for the home.

Plums nourish Spleen and Stomach.

Redwood – the Sequoia family of Trees live at higher altitudes and grow in groves. They are a community. The sap contains tannic acid which has great healing capacity for both Trees and humans. Look at the bigger picture as it activates the brow and crown chakras.



Spruce – the name comes from a Russian word meaning “fine, smart”. Their aerosol stimulates dreams about the perspective of health and disease. It is calming to the emotions when health is questioned. Healing involves stomach, pancreas, liver, spleen, bladder, and cerebral cortex.

Balance

Birch – is known as the *Lady of the Woods*. The Paper Birch likes to reside among Conifers. They are old friends. Balance is the essence of this Tree. The aroma balances emotions. It stimulates new energy and clears the past. The inner bark provides a pain reliever. Its bark rubbing helps soothe burns

and is used as sunblock. Leaves are used to treat arthritis. Birch detoxifies and clears dampness. Meditating with this Tree using the color of the bark – white stimulates the Metal Element and is good for the Lung/Large Intestine.

Cedars – nourish Yin Qi and calm the mind. They balance emotional levels. Their aerosol soothes respiratory problems.

Cottonwood - grow in three with Body, Mind and Spirit. When an upper branch is broken, a five-pointed star is revealed. Make a wish for health! Green Trees treat lung, heart, breast and thymus diseases, and release toxins.



Maple – we enjoy their “helicopter seeds”. They balance the Yin and Yang – the electrical and magnetic. Their gift is balance. When Maple Tree leaves turn red, they alleviate joint disorders, strengthen, reduce pain, and soothe the digestive system.

Clearing

Air Purifiers are Palm Trees, Peace Lily, Snake Plant, and Philodendron. Ferns raise indoor humidity.

Lemon – All Citrus Trees have energy and aerosol that is cleansing. They can exist for up to 100 years. It is a catalyst for clarity of thought. This energy balances your aura and keeps it cleansed from negative energy.

Energy

Black Cyprus – has an oil that is refined to help respiration. The Element for this Tree is Water and the healing color is Black. Meditating with this color stimulates the Kidney/Bladder, adrenal exhaustion, and back pain.

Elm – is referred to as the *Tree of Intuition*. It awakens universal energy and strength to you when you are exhausted. It contains a useful healing salve for wounds. Elms calm the mind and strengthen the stomach.

Hickory – is a nut bearing tree. It can endure poor soil and drier situations and can regrow faster than others. Energetically it speaks to our persistence.

Strength & Growth

Oak – emits an aura of calm strength and has an endurance. It is known as “The Tree of Life”. Oak reminds you that true strength also contains gentleness. It helps to manifest helpfulness to others and self-help. It eases blood problems, improves circulation, and reduces fever.



All acorns are edible when prepared the right way. You can grind these up into acorn flour and make bread. The fresh bark is charred and made into a “charcoal soup” for ingestion and bowel problems. A tincture of the bark is used to treat throat

infections, kidney infections, and kidney stones. The leaves and bark of the oak are made into infusions to treat burns, cuts and to stop bleeding.

Pine – was the sacred *Tree of Mithra*. Their needles are grouped in 2/3 or fives. Count the number in the bundle. Five is a white pine. There are a variety of pines. They are Evergreens. They carry the energy of protection, and their aerosol is soothing to emotional states. The Element for this Tree is Wood and the meditating color is Green for Liver/Gallbladder health.



The pitch:

Scraping off a bit of the sticky ooze from the bark, this delicious smelling pine pitch has powerful antibacterial and antimicrobial properties. Use this as quick wilderness first aid for cuts, slivers, and burns.

The bark:

The inner bark can be eaten as a survival food in times of severe hardship or if you are lost in the woods for an extended period of time. It can also be used as an expectorant to lubricate the respiratory tract and ease a bad cough.

The needles:

But the most cherished part of the pine is the needle. The young pine needles are a great source of vitamin C, A, E, and a host of B vitamins. The aroma is good for lung health. They also have strong antimutagenic, antioxidant and antiproliferative properties, which help in preventing the growth of cancer cells. Pines produce pinene – a terpene shown to have anti-inflammatory effects. They purify the air, help support your immune system, reduce anxiety, depression, and high blood pressure.

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Willow – has many varieties. There is a convolution of energies associated with it. Willow invites flexibility and exploration. Similar to all green loaded Trees, they are recommended to



treat lung, breast and thymus diseases, and release toxins. It reduces inflammation, rheumatism, fevers, and headaches. Willows draw out dampness. Meditating with the Element of Earth and the color Yellow will help Stomach/Spleen.

Conclusion

As you explore your relationship with Trees, you will find a personal means of healthy exchange which may not be mentioned here. This information is a guide as a startup point. Your friendship with a Tree is unique. Both have many personalities. I invite you to share your findings with me at:

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Enjoy my Blog Page for additional information about Trees and You:

www.rockymountainshaman.com



Photo credit: Lisa Bealafeld-Beck