

❧ Storing ❧

Idaho Blue Spruce Needle Hydrosol can be left out at room temperature, in cooler northern climates. It should be refrigerated in warmer climates.

It is suggested to refrigerate for long-term storage. With refrigeration, it can last 18 months to 2 years.



❧ Side Effects ❧

Idaho Blue Spruce Needle Hydrosol is considered to be very safe and non-toxic, in normal doses, as outlined in this brochure. Hydrosols are safer than oils due to the low resin content.

❧ Interactions ❧

There are no known interactions with Idaho Blue Spruce Needle Hydrosols for humans.

It can be taken safely with other Hydrosols.



❧ Directions ❧

- Store in refrigerator or in a cool place.
- Dose: **1/2 teaspoon (3 dropperfuls) to one Tablespoons in a quart of water**, and drink throughout the day.
- Idaho Blue Spruce Needle Hydrosol can be combined with other Hydrosols including:

- Tiaga Extract
- Pine Needle

When taking Pine Needle Hydrosols, it is best to take them every other week, & take these the in-between weeks:

- Desert Parsley
- Tiaga Extract
- For best results, take between meals, on an empty stomach.
- Adjust your intake for your own body, monitoring your own comfort level of detoxification and cleansing.
- Pregnant women and other sensitives should only use under the guidance of a healthcare practitioner.
- Idaho Blue Spruce Needle Hydrosol can be used as a room disinfectant, as a spray.



Rocky Mountain Idaho Blue Spruce Needle Hydrosol

Picea Pungens

**Fresh steam distilled wild
harvested Idaho Blue Spruce
Pine Needles**

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Spruce Needle use as Native American Indian and European Folk Medicine

The Blue Spruce Tree has been the traditional Norwegian Christmas Tree, symbolizing Peace and good tidings. The aroma of the Spruce Tree is used to detoxify the air in winter homes.

Many Native American and Canadian Indian tribes have used Pine Needles for centuries for a wide variety of purposes including as a mouthwash, breath freshener, as a decongestant, sore throats, viral and fungal infections, and to ward off colds. The Iroquois Indians and the Carrier tribes of British Columbia, drink various types of Spruce Pine Needle tea, commonly with maple syrup for respiratory conditions.

Pine Needles are a good source of Vitamin C, even when boiled as tea.

Naturopathic uses of Idaho Blue Spruce Needle Hydrosol

Idaho Blue Spruce Needle Hydrosol can be used internally for

- Regeneration of Adrenal function
- Increase in Thymus activity
- Reproductive endocrine system
- Stress and mental fatigue
- Immune system booster

Topical Uses of Spruce Needle

Idaho Blue Spruce Needle Hydrosol can be used topically as a spray or cold compress for

- sore joints
- muscle spasms
- carpal tunnel and
- strain injuries
- Disinfectant
- Anti bacterial, anti-fungal, antiseptic

Multi-Directions

Idaho Blue Spruce Needle Hydrosol is used for regenerating the adrenal gland and supports thymus activity.

Idaho Blue Spruce Needle Hydrosol boosts the immune system, and like other Pine Needles, is used for treating the respiratory, and reproductive systems, internally.

Dose: 1/2 teaspoon (3 dropperfuls), in a quart of water, taken throughout the day for up to a maximum of 3 continuous weeks.

A good plan is to take Idaho Spruce Needle Hydrosol that, you can switch to Desert Parsley or Tiaga for a week.

Even weeks

- 1/2 tsp Idaho Blue Spruce Needle
- 1/2 tsp Lodgepole Pine Needle
- 1/2 tsp Tiaga Extract (optional)

in a quart of water and drink each day

Alternate weeks

- 1 tsp Tiaga Extract
- 1 tsp Desert Parsley

If you are juicing raw foods, consider adding a dropper of Desert Parsley into your mix any week.