White Pine Education

Hand Book Guide



By Joseph Mercado

1 – White Pine Education – PLenergy – All Rights Reserved. Copyright © 2019.

Table of Contents

About PLenergy – page 3 – 6

How To Instructions for White Pine – page 7

Day #1: Blog Post Benefits – pages 8 – 11

Day #2: List of White Pine Uses – page 12 - 13

Day #3: White Pine Demo Day Video – pages 14 - 16

Day #4: MP3 Audio White Pine Message – page 17

Day #5: Inspirational Health Quote – page 18

Day #6: White Pine Article – page 19

Day #7: White Pine Cone Benefits – pages 20 – 22

Plant Based Nutrition Course – 4 Weeks – page 23

All Rights Reserved. Copyright © 2019.

About

From the nutrition lab of: Joseph Mercado

To: Nutrition Lover

Blog Post #633

Re: About PLenergy

Date and Time: April 20, 2019 at 8:28 p.m.



Dear Nutrition Lover,

PLenergy is a fun place where you can learn about plant based nutrition and herbs within nature.

PLenergy believes there is a relationship between plants and people in that they have one major thing in common.

3 – White Pine Education – PLenergy – All Rights Reserved. Copyright © 2019.

The cellular systems within plants and people are electrical.

We are designed to be walking batteries of life wired and electrified by organic nutrients, minerals, and water.

The problem is that we are being short-circuited by the processed foods out in the open market.

What's the solution?

It's nature.

Nature is of the mind and the nature within electrical foods.

For the fact that plants contain electrical charges and emit electricity, they provide a cellular charge to the cells in the human body when frequencies are relevant or have a match.

Each cell holds a charge of 1.4 volts. Your body encapsulates 50 trillion cells of consciousness. That's a lot of electricity flowing through your magnetic presence.

When you are aware of the right nutrients from nature to consume, it balances and adjusts the level of resonance where each cell operates itself.

When a cell has enough charge to give it life, it can repair and heal itself, in turn, healing the neighboring cells and organs surrounding it.

 All Rights Reserved. Copyright © 2019.

When all the cells can work together in such a way, this means the entire body can be healed through the gateways of the mind.

This is the key for life longevity.

Nature is the nurturer to humanity through the medicine it provides throughout its environment which includes:

- **Trees.**
- Plants.
- **Herbs.**
- Roots.
- **Leaves.**
- Weeds.
- **Branches.**
- And Flowers.

By providing you with a knowledgeable education you can absorb the good quality information and apply it to life when it's needed.

Information in the area of plant based nutrition is a beneficiary and can only help you take better care of your health.

Help yourself and view the content at your own leisure.

Thank you for being a part of the PLenergy community.

Enjoy the educational information.

5 – White Pine Education – PLenergy – All Rights Reserved. Copyright © 2019.

To Your Healthy Life,

Joseph Mercado
Nutrition Educator

P.S. If there is a plant or an herb you like to know more about, send us message and we will share it with you or research it for you.

P.P.S. Learn more about PLenergy through MMU and visit this link at your convenience:
http://masterminduniverse.net/?s=plenergy

6 – White Pine Education – PLenergy – All Rights Reserved. Copyright © 2019.

How To

How To Instructions for White Pine Tea – 6 Quick & Easy Steps:

- Boil hot water using your tea kettle or however you choose to heat up your water.
- **Put 1 teaspoon of White Pine in your tea cup.**
- Use 1 tablespoon of raw, organic unfiltered honey.
- **Use Manuka, Wildflower, or Orange Blossom honey for supreme flavor and nutrients.**
- Place a saucer or small plate over the tea cup and let it steep for about 3 to 10 minutes.
- **Drink your delicious White Pine and enjoy!**

Note: Use an infuser if you choose not to consume the soft White Pine needle particles from within the tea.

All Rights Reserved. Copyright © 2019.

Day #1: Blog Post Benefits

Plant Based Nutrition from the Field of Master Mind Herbs (MMHRB)

From the nutrition lab of: Joseph Mercado

To: Entrepreneur

Re: Benefits of Your Organic North Eastern White Pine

Date and Time: Thursday, March 28, 2019 at 12:16 a.m.



Dear Entrepreneur,

Did you know White Pine Needles have 8x's more Vitamin C than an Orange and 5x's more Vitamin C than a Lemon?

8 – White Pine Education – PLenergy – All Rights Reserved. Copyright © 2019.

The following **20** medicinal benefits of pine needles include:

- **Antiseptic.**
- Astringent.
- **Anti-Inflammatory.**
- Antioxidant.
- **Expectorant.**
- Helps Boost Memory.
- **Lowers Bad LDL Cholesterol.**
- Treats Varicose Veins.
- **Heart Disease.**
- Skin Complaints.
- **Fatigue.**
- Reduces Depression.
- **Fights Cancer.**
- Lowers Blood Pressure.

High in Vitamin C used for:

- Colds.
- **Flu.**
- Coughs.
- **Congestion.**
- And Even Scurvy.

Shikimic acid, the main ingredient in Tamiflu, is harvested from pine needles in Asia.

 All Rights Reserved. Copyright © 2019.

This tree works wonders when you drink it as a hot tea with raw, unfiltered honey.

The branches and roots contain pine tree sap which has numerous medicinal usages such as:

- **Heals wounds (cuts, scrapes, or burns.)**
- Used for nutrients in tea.
- **Used as an anti-bacterial.**

Every time I consume the grinded up pine needles in the form of a hot tea, I feel revived, energetic, and internally clean.

By the way… pine tree smells really good when it's fresh.

I personally forage for these pines and plants which involve climbing hills, trees, mountains, long walks in the forest to find the most matured trees to prune from.

It's for your natural benefit.

Treat yourself to something healthy and introduce this powerful holistic medicine to your family, your children, and your friends.

There is no need for over the counter processed drugs from the pharmacy or the flu shot that contains 162 chemicals, laundry detergent being one of them.

All Rights Reserved. Copyright © 2019.

That stuff will just make you sick both short term and long term.

Your remedy is right here straight from nature!

To Your Healthy Life,

Joseph

P.S. Read the full blog post here at:
http://masterminduniverse.net/2019/03/28/white-pine-plenergy/

All Rights Reserved. Copyright © 2019.

Day #2: List of Uses



Here Are Your **8** Beneficial Uses of White Pine:

1) Making Herbal Tea.

2) Juice Beverage (also use actual pine branch for more nutrients and additive taste).

3) Seasoning for Cooking.

4) Poultice for Healing Wounds.

5) Making a Tincture.

6) Creating a Salve.

7) Developing an Essential Oil.

8) Taking a Pine Needle Bath for Healing the Body.

All Rights Reserved. Copyright © 2019.

Now Taste the Nature and Embrace Wild Crafted at Its Finest!

To Your Healthy Life,

Joseph Mercado

P.S. Read the full blog post here at: http://masterminduniverse.net/2019/04/26/white-pine-tea-plenergy/

All Rights Reserved. Copyright © 2019.

Day #3: Demo Day Video



PLenergy Demo Day from the Field of Master Mind Videos (MMVID)

From the nutrition lab of: Joseph Mercado

Blog Post # 635

To: Nutrition Lover

Re: White Pine Demo Day

Date and Time: Tuesday, April 23, 2019 at 10:40 p.m.

Video Title: North Eastern White Pine Herbal Nutrition

Keyword Video: Eastern White Pine

Universal Principle: Law of Nutrition

14 – White Pine Education – PLenergy – All Rights Reserved. Copyright © 2019.

Categories: Personal Development | Business Development | and Spiritual Development.

Self-Help Question: Have you ever experienced the clean energy of White Pine?

⇨ Watch the video here below…
https://www.youtube.com/watch?v=RSyMer0lEVg&t=5s

Allow MMU to help you connect knowledge and wisdom using experiences as the bridge.

To Your Healthy Life,

Joseph Mercado

PLenergy

Tele | Text: 631-494-4421

Email: mercadoj@masterminduniverse.net

P.S. Learn how to become a healthy entrepreneur right here at MMU.

All Rights Reserved. Copyright © 2019.

Tell us what you think about this post in the comment section below…

Do you know someone who can learn from this video?

If so…

Please share this **White Pine Demo Day** with your family, friends, colleagues, and business partners.

Thank You.

⇨ Watch the video here: https://www.youtube.com/watch?v=RSyMer0lEVg&t=5s

All Rights Reserved. Copyright © 2019.

Day #4: MP3 Audio Message



MP3 Audio Message from the Field of Master Mind Audios (MMAUD)

From the outdoor nature of: Joseph Mercado

To: Nutrition Lover

Blog Post #679

Re: White Pine MP3 Audio

Date and Time: Tuesday, May 14, 2015 at 12:28 a.m.

Dear Nutrition Lover,

Here is the White Pine MP3 Audio message as promised that goes with your bonuses when you purchased your pine needle powder.

Listen while you are in your car driving, going for a jog, taking the dog for a walk, or simply as you make your fresh White Pine Tea.

00:00 00:00

To Your Healthy Living,

Joseph Mercado

PLenergy

Click on the Screenshot above to Listen to the MP3 Audio at MMU

17 – White Pine Education – PLenergy – All Rights Reserved. Copyright © 2019.

Day #5: Inspirational Health Quote



"It's not just what you eat; it's what you don't eat that negatively affects your health."

–Joseph Mercado

18 – White Pine Education – PLenergy – All Rights Reserved. Copyright © 2019.

Day #6: White Pine Article



Almost everything above ground on a pine tree is useful. Here are some highlights.

1. Pollen

Pine pollen has been used in Traditional Chinese Medicine for centuries. While *P. massoniana* is primarily used in China, a good body of evidence suggests we can gain similar benefits from *P. sylvestris*. Pine pollen is an adaptogen, supporting the body's ability to navigate stress, balancing hormones, promoting better sleep and supporting the immune system. Pollen is primarily taken internally, but in China, the pollen is also applied to the face as a beauty treatment. Pine is known to be highly anti-inflammatory, so it seems logical that pine pollen is an important anti-aging option.

2. Bark

Taking a patch of bark off a tree will cause serious damage, so try to harvest bark from branches that you need to prune. Strip off the outer bark and harvest the softer inner bark. This can be used immediately or dried for later use in tea or as a topical poultice. When boiled, the inner bark becomes mucilaginous and can be used internally for constipation or hemorrhoids. Externally, either the tea or the inner bark itself (well soaked and pounded) can be applied to sores, burns or hemorrhoids.

3. Needles

Collect mature pine needles in July, and use them fresh or dry for later use. Pine needle tea can be used to break up stubborn congestion in the upper respiratory tract, support healthy digestion, calm the nervous system and act as a mild diuretic. The needles can be added to a bath to soak away exhaustion or ease arthritic joints. They can also be used in a steam to relieve sinusitis and congestion.

4. Buds

Collect pine buds in the spring. This is the primary part of *P. sylvetris* that Russian traditional medicine has used in the way other traditions use the needles: to relieve chronic bronchitis and tuberculosis and to add to baths for skin ailments and arthritis.

Click on the Screenshot above and Read the Full Blog Post at MMU

19 – White Pine Education – PLenergy – All Rights Reserved. Copyright © 2019.

Day #7: White Pine Cone Benefits



From the nutrition lab of: Joseph Mercado

To: Entrepreneur

Blog Post #625

Re: Benefits of Your Organic North Eastern White Pine Cones

Date and Time: Friday, April 12, 2019 at 10:59 p.m.



20 – White Pine Education – PLenergy – All Rights Reserved. Copyright © 2019.

Dear Nutrition Lover,

Are you in need of 100% organic Pine Cone Powder?

Did you know?

Pine cones have the following **11** medicinal benefits:

- **Inhibits the Growth of HIV in Human T-cells.**
- Inhibits the Growth of Influenza.
- **Inhibits the Growth of the Herpes Simplex Virus.**
- Inhibits Tumor Activity.
- **Suppress Lymphoma – Cancer that Involves Cells of the Immune System.**
- Boosts Immunity Levels.
- **Improves Vision Health.**
- Used for Skin & Hair Care.
- **Protects against Pathogens.**
- Improves Blood Circulation.
- **Maintains Respiratory Health.**

Vitamin C is an essential element of our immune system, as it stimulates the production of white blood cells and has antioxidant qualities that help prevent chronic illness and diseases.

Furthermore, vitamin C is a crucial component of collagen, which is necessary to create new cells, muscles, tissues, and blood vessels.

All Rights Reserved. Copyright © 2019.

I hope you get to experience the great benefits of Pine Cone powder from the North Eastern White Pine tree.

To Your Healthy Life,

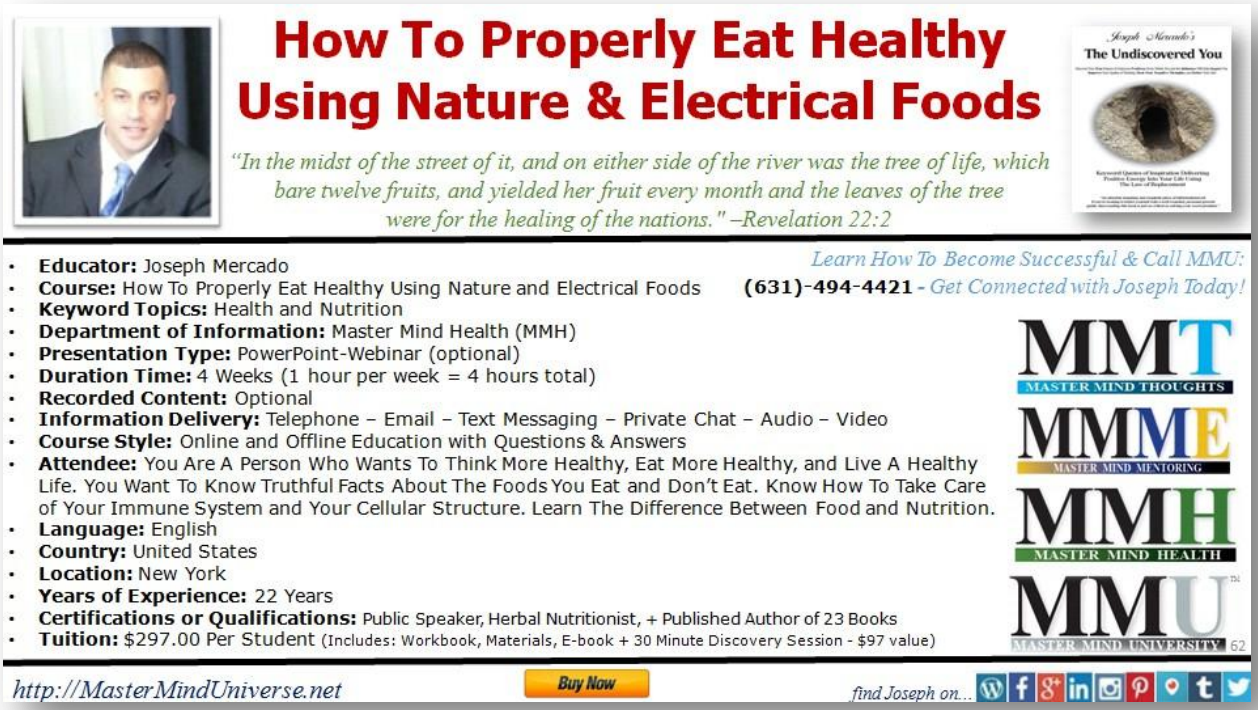
Joseph

P.S. Read the full blog post here at: http://masterminduniverse.net/2019/04/13/pine-cone-plenergy/

All Rights Reserved. Copyright © 2019.

Health & Nutrition 1-on-1 Home Study Course





23 – White Pine Education – PLenergy – All Rights Reserved. Copyright © 2019.