

# The Pine Pollen Guide

Thanks for ordering pine pollen. These instructions are to guide you through the steps and different methods of consuming pine pollen. There are six "steps" covered here. Go ahead and open the bag right now so you can start with the first one.

## **Step 1 - Testing for Allergies**

Take a ½ teaspoon right now. You can put this into your mouth and swallow it down, or mix it into water or any other liquid.

The purpose for this is that a very small percentage of people have pine pollen allergies. So we want to use a small amount, before the later larger recommended dose, to make sure you don't have any problems. If you do have problems you'll know, but don't worry, this is not dangerous, like a peanut allergy could be.

Wait several hours. Notice if there is an allergic reaction. Also notice if you detect any benefits in your energy levels, thinking, and mood, even with this small dose.

If after four hours you haven't had any allergic reaction you're good to go onto the next step.

## **Step 2 - Morning Wood Test (Men Only)**

At night before you go to bed take three tablespoons of pine pollen. This is a large dose, the reason being we want to encourage the effect to take place strongly. We suggest you mix this into a 12-16 oz. glass of water. Stir it in then down it.

Many people find the taste pleasant. Some people don't like it (you should try some of our other much worse tasting herbs, then you'll realize this one does taste good in comparison).

Go to sleep. When you wake up in the morning see if you have "Morning Wood". Note the intensity of it as well. One man said he could dent a car door with it. Another man, very well known in the health field, said he had to piss in the bathtub because of pine pollen.

Note the effects. It works for most, but not for everyone. Hormones are complex and there are several reasons why it may not have this impact on you.

Don't just look for "morning wood" though. Be aware of any other benefits you may feel like increased energy levels, mental clarity, mood enhancement, feelings of vigor, additional feelings of horniness (like when you see an attractive woman) and anything else.

Some people love pine pollen even though it doesn't seem to provide the "morning wood" effect for them.

It's also great for women too. Obviously, in this case morning wood is not an applicable test, but they can gain many other benefits from it, including helping with PMS symptoms like cramps and mood swings.

The best effects of pine pollen actually come when you're on it for a longer period of time. Some people only begin to notice positive effects after 3 weeks of taking pine pollen.

These first two steps are for you to properly test how the pine pollen works for you. The rest of the steps cover more information about using pine pollen in a variety of ways.

## **Step 3 - Normal Instructions for Taking, plus Different Methods**

The normal dose of pine pollen powder is ½ to 1 tsp two times per day. This works great for many people. And there are several ways to take this.

**Straight** - Put the spoonful right in your mouth, mix it with your saliva, and swallow it down. This can be assisted by drinking water to help wash it down as well.

**Mix in Water** - Pine pollen readily mixes into water.

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**Mix in Smoothies or Juice** - Throw pine pollen into any blended drink to add the nutrition. Or stir it into juice. With many drinks you won't even taste it.

**Warm Tea** - Tea and other hot liquids can be used. The important part, since the pine pollen is raw and has enzymes and other delicate components intact, is to not use boiling water. You'll still keep some of the nutrition but it won't be as much as the taking it raw. Wait until any liquid is at a drinkable temperature and you're fine to add pine pollen in.

## **Step 4 - Megadose Pine Pollen**

While most people in the West are recommending small amounts of pine pollen (more like other herbs) that is not how it is done in China, where pine pollen has been used for millennium (more like a food). You can read the complete details of this here:

<http://supermanherbs.com/megadose-pine-pollen/>

*"Oral dosing in China runs from 5 to 10 grams per day, which, barring the problems of testosterone going through the GI tract, would give a comparatively high dose of testosterone every day."*

- Stephen Harrod Buhner

The massive doses recommended by Chinese Medicine makes sense when one sees the amount of nutrients involved. As for the testosterone making it through the GI tract, this is a problem best remedied by tinctures. However, tinctures cannot impart the totality of the dense food source that pollen is, so a combination of the two is highly advantageous for men that have started andropause (around 40) and up. Each tablespoon is approximately 3 grams so this dose would be about 1 ½ to 3 tablespoons per day.

Although we've talked mostly about the hormonal benefits of pine pollen, that's not all it has. Not by a long shot. It is loaded with vitamins, minerals, amino acids, antioxidants and more. So mega dosing gives you lots of nutrition which can bring on many other benefits, and can act in some ways to replace a multivitamin or mineral supplement.

## **Step 5 - Tinctures**

To get the strongest androgenic effects it works best to tincture pine pollen. Alcohol draws out the sex hormones and makes them more bioavailable. Since they can be absorbed directly into the blood stream your body can make use of them right away. In the powdered form, most of these do not survive the stomach (although as shown by the results people still get positive hormonal benefits this way). The alcohol turns pine pollen from a tonic substance to something that should only be used by certain people.

One man taking both the pine pollen powder and tincture twice a day saw his testosterone double and estrogen cut in half. His blood work for Total Testosterone went from 382 to 723 and Estradiol from 97 to 43.

**Pine pollen tinctures should only be used by men at least 30 years or older in the majority of cases.** This is because the hormonal effects in a tinctured form are much stronger. This is not for children. Most women should not need this, although there have been exceptions where a woman used a tincture to great benefit.

You can make your own using our powder. To do that pour the pine pollen powder into a glass jar. Then add alcohol (organic 70 proof vodka is recommended) in sufficient quantity to cover it all and then some. After that you let it sit for about two weeks. The pine pollen and alcohol will separate. This is good as you just want the pure alcohol, as the pine pollen won't really have much beneficial left in it. You can use a dropper to squeeze the liquid off the top. Or you can pour it off into another jar through a strainer to separate the liquid from the powder. Warning: this can get messy!

We also have high quality tinctures for sale. For more details check out the following pages on our site:

<http://supermanherbs.com/how-to-make-pine-pollen-tincture/>

<http://supermanherbs.com/pine-pollen-powder-vs-pine-pollen-tinctures/>

## **Step 6 - Review and Order More**

We'd love to hear your results from you. You can go leave a review on our site at <http://supermanherbs.com/pine-pollen/>. You can also email us directly at [info@supermanherbs.com](mailto:info@supermanherbs.com)

We have the best prices for quality pine pollen on the market. And that's not all we have. There are many other herbs and formulas available, some of which may be even better suited for you and your goals.