



Wow, who would have thought that one could harvest sap for a birch tree, produce beverages, and other products, and it be good for you.

Well in the 9th century, someone discovered that this could be done. By making an incision in the side of a birch tree, and to see a clear liquid flowing from it, must have been truly amazing. To hold your hand there, collect this liquid, and drink this pure substance was surely something else.

Down through time, as more and more of this sap was collected, people learned to make difference products. Sap which ferments naturally in days, was made into alcoholic beverages, such as wine, and beer. People learned that they could boil down the sap, to make syrup, toffee, candy.

As more and more people drank, and used birch sap, they start to feel difference. As illness happens in ones life, the birch sap was given to them and amazing things started to happen. Some people felt like they had more energy, other discovered that they didn't feel hungry, and other had ailments that seem to just disappear, and never come back.

Birch wine has been quaffed since 1240 CE, when Dominican friar Albertus Magnus mentioned it. Queen Victoria also refers in her diary to silver birch wine being the favorite beverage of her beloved Prince Albert.

As time went by, and our societies started to grow, the knowledge of birch sap was forgotten. Birch sap was left behind for the development of modern beverage, which uses additives, chemical flavoring, and man made preservatives. The sweetened soda industry, adds to the obesity of our children, continues to grow. New hyped up energy drinks, with more added unknown chemicals and the unknown effects to our bodies, is growing even faster. We have to look at what we are doing and stop these effects.

It's time to go back to nature and truly discover what it has to offer us. We can harvest, raw, pure naturally filtered birch sap, which can be made into any number of beverages, cosmetics, and food items. From candies, toffees, syrups, shampoos, eye cream, lip balms, beers, vodkas, wines, juices, and the ultimate, a health drink.

Through folk lore, and medical history, birch sap, and products produced from the birch tree, has been known to be a remedy for certain ailments. The curative properties of birch sap were referred to by Baron Pierre-François Percy, the army surgeon and inspector general to Napoleon, who called it "an invaluable remedy for rheumatic diseases, the aftereffects of gout, bladder obstructions, and countless chronic ills."

Birch leaf tea, has been used as therapy for heal mouth sores, gout, rheumatism, and dropsy and also for dissolving kidney stones. The leaves may be used as a mouthwash. The young shoots and leaves secrete a resinous substance that, combined with alkalis, forms a laxative. Externally, the leaves were used for hair loss and dandruff.

Birch Essential Oil contains an active principle constituent similar to cortisone, which is beneficial for joint, muscle and bone discomfort

Recent research has shown that birch's main constituent, methyl salicylate, is similar to the salicylic acid used in aspirin.

Birch sap is used in a "flushing-out" therapy for bacterial and may be beneficial for urinary tract disorders, bladder infections, skin diseases, arthritis, rheumatism, inflammation, tendonitis, cystitis, gall-stones, gout, hypertension, ulcers, acne, cramps, osteoporosis, muscular pain, edema and eczema. It also has sedative qualities which make it a valuable sleeping aid.

In birch bark we can also find betulinic acid. This molecule is a natural derivative of betulin. Betulinic acid was found to be very active against melanoma cancer, one of the most dangerous forms of skin cancer. Moreover, the Ron Poulence Company (a drug company in France) patented betulinic acid and its derivative against HIV disease. These events occurred in the last five years.

What is in birch sap you may ask? Vitamin A, B6, B12, C. Minerals; Calcium, Copper, Iron, Magnesium, Manganese, Phosphorous, Potassium, Sodium, Zinc. Ammo and Fruit Acids: Citric, Fumaric, Glycolic, Malic, Phosphoric, Succinic. Sugars: Fructose, Glucose, Galactose, Sucrose and many other pure natural elements, and chemicals.

There is a need for further research and development to prove any of the health claims, yet we have discovered the birch once again, and it will never be forgotten again. The possibilities of the birch tree are endless. It is up to all of us, to ask the question, what it can do for me?



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