

Aspen tree Bark is Aspirin = Salicin

Aspirin potent natural medicine I was in need of: the aspen, otherwise known as “poplar”. Since ancient times certain tree barks have been well known for their properties of **reducing fever, pain, and inflammation**. A special ingredient contained in these barks is one of the most potent pain killers in nature. **Fever, muscle aches, osteoarthritis, headache, menstrual cramps, arthritis** and inflammations including **bursitis, tendonitis**, and traumas such as a **sprain** can all be treated with a dose of natural salicin made from the bark of these trees

In the 1800’s scientists were able to extract and identify **salicin as the potent pain killing** medicine found in the bark of these trees, and then went on to develop and market a synthetic version called acetylsalicylic acid which we have come to know as “Aspirin”.



How to Make Bark Aspirin

The salicin you are looking for is contained in the **inner bark of the tree**, also known as the cambium layer. The **inner bark is the actual living tissue** of the plant and is located between the rough outer bark and the hard wood.

...either chew it directly or steep it in hot water to make a tea.

...scrape off both the inner and outer bark using the sharp edge of a knife. In the picture I am using my survival knife to scrape the bark off onto a tree stump.

The **smell and taste of poplar bark is very aspirin like** and I rather enjoy its bitter taste though some people may find it a bit too much. You can **chew a mouthful of bark and swallow the liquid** if you are in a hurry and don’t mind the taste.

An alternative is to **simmer about 2 teaspoons of the inner bark in cup of water for ten minutes** and let cool before straining and drinking.

Three or four cups of this bark aspirin tea can be consumed daily.

I have found the young trees like those shown here to be especially potent. As with anything you harvest from nature, take only what you need and leave the rest. Do not deface a large tree by removing bark directly from its main trunk. Instead remove small branches so as to limit damage.

<http://www.survivaltopics.com/survival/the-greatest-wilderness-medicine-that-you-can-make/>