

## Juniper Berry, Organic: Nepal, (*Juniperus communis*)

The Juniper tree is an evergreen shrub that produces blue/black berries. Many companies will sell Juniper oil that is distilled from the needles and wood. That oil can cause toxicity and should not be used in our therapeutic actions. Use only the essential oil that has been obtained from the berries.

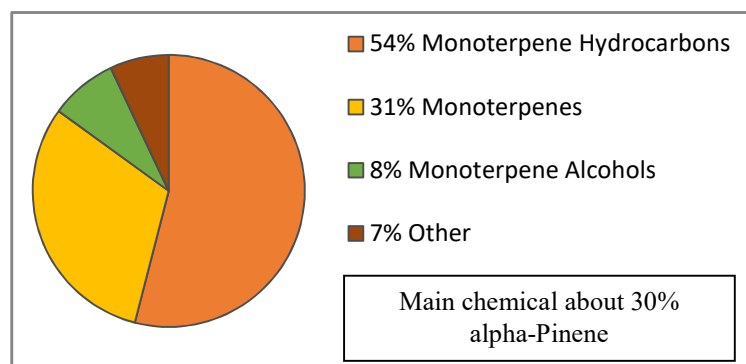
Even though the oil falls under the FDA's Generally Recognized as Safe, in the past there has been a lot of misinformation printed about the safety of Juniper Berry. Specifically it is being reported that the oil could cause abortion and kidney problems. This is not correct information and there is no current scientific evidence to support those claims. Juniper Berry is safe under normal use while pregnant.

Historically the tree was burned to clean the air and fight the spread of plagues. The Romans ate the berries to assist their digestion and treat infections. The Native Americans used the tree as a source of food and medicine.

**Primary Usage:** Natural diuretic (increases urination, removes toxins, uric acid, pollutants, heavy metals), improves circulation (tones muscles, skin, nerves, urinary system), assists rheumatism, arthritis, gout, and relieves swelling. Works as an antispasmodic (muscle cramps, respiratory attacks), beneficial for stomach disorders (upset, diarrhea, digestion, gas, parasites), urinary infections (bladder), the lymphatic system, and cellulite. Beneficial to put on poisonous bites or stings.

**Secondary Usage:** Aids with infections, respiratory issues, and balances the body (fatigue, dizziness, depression, anxiety, stress, nervous tension, clears mental clutter, confusion).

**Has Been Reported:** Assists skin issues (inflammation, skin ulcers, toning, dermatitis, psoriasis, acne, eczema, bruises), stops hair loss, eases toothaches, diarrhea, tightens gums, menstrual issues, hemorrhoids, obesity, increasing perspiration, and is stimulating to the liver and kidneys.



**Descriptor:** Antitoxic, Alkalizing, Diuretic, Digestive Support, Antiseptic, Regenerative, Nervine, Antispasmodic

**Application:** Apply topically, diffuse, or in the bath.

**Caution:** Skin sensitization possible if using oxidized oil.

**Found In:** Flue Relief, Tummy Soothe

**Influences:** Clears negative energy, purifying, invigorating, and useful for meditation to assist focusing and concentration.

**Medicine Wheel:** A Primary West and Secondary Center, East, and North.

**Blends Well With:** Bergamot, Black Cumin, Black Pepper, Cedarwood, Clary Sage, Clove Bud, Cypress, Elemi, Fennel Seed, Fir, Frankincense, Geranium, Ginger Root, Grapefruit, Hyssop, Lavender, Lemon, Lemongrass, Lime, Nutmeg, Oregano, Peppermint, Rosemary, Vetiver