

Juniper

Latin Name: *Juniperus communis*

Also known as: Dwarf Juniper, Ground Juniper, Juniper Berry

Scientific Classification

There are between 50-67 classified species of juniper.

Family: Cupressaceae – cypress family

Genus: Juniperus – juniper

Species: *J. communis* – common juniper

Note: other species also exhibit medicinal qualities

Influence on the Body	(PRINCIPAL ACTIONS are listed in CAPITAL LETTERS)
<i>Blood and Circulatory System</i>	heart • shortness of breath • blood • blood purifier • DROPSY (edema due to heart insufficiency) • arteriosclerosis • BLEEDING • scurvy
<i>Blood Sugar</i>	DIABETES • HYPOGLYCEMIA
<i>Body System</i>	catarrhal conditions (inflamed mucous membranes with discharge, especially affecting the nose and throat) • mucus • lymph cleansing
<i>Digestion</i>	aromatic (has a spicy taste, contains volatile oils which aid digestion and relieve gas) • improves appetite • digestive tonic (increases energy and improves digestion and assimilation) • digestion • dyspepsia (indigestion) • stomach • gas • colic • carminative (brings warmth, circulation, relieves intestinal gas discomfort, and promotes peristaltic movement) • bowel • dysentery (bowel inflammation) • expels worms • parasiticide (kills parasites and worms)
<i>Endocrine System</i>	PANCREAS • ADRENAL GLANDS • adrenal weakness
<i>Eyes</i>	OPTIC NERVE weakness
<i>First Aid</i>	abrasions • bee stings • poisonous insect bites • poisonous snake bites
<i>Infections and Immune System</i>	allergies • hay fever • coughs • COLDS • INFECTIONS • FUNGAL INFECTIONS • destroys FUNGI • disease preventative • contagious diseases • cystic fibrosis (childhood disease characterized by glandular secretion failure) • plague • leprosy

<i>Inflammation</i>	arthritis • rheumatism • swollen joints • bursitis • gout
<i>Lungs</i>	tuberculosis
<i>Mouth, Nose & Throat</i>	bleeding gums • mouth sores • sore throat • gargle
<i>Nervous System</i>	strengthens nerves • anodyne (relieves pain and lessens the excitability of nerves) • pain • sciatica • brain • memory • convulsions • epilepsy • ANTI-SPASMODIC • palsy
<i>Reproductive System</i>	gonorrhea (a venereal infection affecting the urethra) <i>Male:</i> • prostate gland <i>Female:</i> • cramps • emmenagogue (promotes menstrual flow) • vaginal discharge • leukorrhea (vaginal discharge due to infection) • douche
<i>Skin, Tissues & Hair</i>	boils • pimples • acne • itching • eczema • chapped skin • hair loss
<i>Urinary Tract</i>	KIDNEYS • kidney stimulant (increases internal heat, dispels internal chill, and strengthens metabolism and circulation) • astringent (increases the tone and firmness of tissues, lessens mucus) • urinary antiseptic (fights pathogenic bacteria, and prevents infection in the urinary tract) • cystitis (bladder inflammation) • kidney inflammation • NEPHRITIS (kidney inflammation) • KIDNEY INFECTIONS • KIDNEY STONES • URIC ACID buildup • RENAL DROPSY (edema) • DIURETIC (increases urine flow) • WATER RETENTION • lithotriptic (dissolves urinary stones) • URINARY PROBLEMS • burning urination • BLADDER PROBLEMS • incontinence • BEDWETTING

Key Properties:

- **KIDNEY SUPPORTIVE HERB** – Stimulates, tones and cleanses kidney and bladder, increases circulation, urine flow, and pathogenic elimination, dissolves stones, fights infection, relieves pain and inflammation
- **DIGESTIVE AID** – improves digestion and assimilation, relieves indigestion and gas, kills and expels parasites and worms

Primarily affecting: KIDNEYS • BLADDER • stomach

History	In biblical times, junipers were valued for their protection from evil spirits and bad luck. There are many references in the Bible to people using juniper trees for shelter. Branches were also burned in temples as a purifying herb.
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Juniper berries were used by the ancient physicians of Greece, Arabia and Rome. Roman naturalist and philosopher Pliny the Elder (23-79 AD), wrote of its ability to relieve the aches and pains of rheumatism. Roman physicians prescribed preparations of the berries for stomach and chest pains, flatulence, coughs, colds, tumors, and uterine disorders.

In England, branches of juniper were often strewn on floors to sweeten the smell of a room and to cleanse the air of infection and disease. The scent of juniper was believed to ward off the plague in Europe.

The 15th and 16th century herbalists praised junipers use highly. Juice from the berries was recommended against the bitings of vipers, the plague, and pestilence. Nicholas Culpeper (herbalist and physician, ca. 1616–1654) suggested the use of ripened berries for asthma, for sciatica, and to speed childbirth.

Native Americans believed in juniper’s cleansing and healing powers. Boughs were often used as a fumigant in sweat lodges and berries were used to keep away infection, relieve arthritis and cure various wounds and illnesses. Leaf tea was taken before women went into labor to relax muscles and ease delivery. Convulsions were treated by rubbing scorched twigs on the body. Chewed berries or berry teas were used as a laxative, diuretic, douche, and female contraceptive. It was used to help treat fevers from the flu. Western tribes combined the berries of juniperus communis with berberis root bark in an herbal tea to treat diabetes.

Juniper berries have a long history of use as a diuretic. In the early 1900’s, juniper was often prescribed as a diuretic, for treating edema, cystitis, kidney problems, gonorrhea, ringing in the ears, and hay fever. In external ointments, it was a remedy for eczema and chapped skin.

Attributes

Key Components: (including, but not limited to)

Nutrients

Vitamin C • Cobalt • Copper • Sulfur • other Trace Minerals
Flavonoids • Tannins • Juniperin (a bitter - stimulates digestive juices and improves appetite) • Volatile Oil (having more than a hundred constituents)

	<p>All parts of the plant contain a volatile oil, which imparts to them a distinctive scent and flavor. The active diuretic principles of juniper berries are found in the volatile oil. It increases urine flow, helping remove excess fluid in cases of edema or congestive heart failure, and washes out pathogenic bacteria in urinary tract infections.</p>
<i>Urinary Tract</i>	<p>In cases where acid has been retained in the body, juniper helps prevent uric acid crystallization in the kidneys, keeping it dissolved to pass easily in the urine. Juniper also helps to dissolve and wash out kidney stones and prostate sediment.</p>
	<p>The kidneys and adrenals are stimulated by the action of juniper berries, increasing filtration and urine flow. Earlier literature suggests that diseased and inflamed kidneys may be overstimulated and irritated in this way, but there is no real evidence that this is so.</p>
	<p>Juniper relieves pain and heals the kidneys, urinary passages, and bladder. Science confirms its antiseptic, anti-inflammatory and spasm-reducing activity.</p>
	<p>Juniper berries are effective as a tea for helping to alleviate water retention, bladder problems, and catarrhal congestion of the bladder and kidneys. Juniper is one of the best diuretics known. It is especially beneficial in eliminating congestion of the kidneys resulting from water retention (renal dropsy). It assists the body in removing waste products and cleansing the bloodstream through the urinary tract.</p>
<i>Circulation</i>	<p>Juniper is an excellent blood and lymph cleanser. It has the ability to tone the pancreas and helps to reduce the body's susceptibility to diseases. It works well in rheumatic disorders that are caused by diminished circulation and general toxicity.</p>
	<p>Being a moderate circulatory stimulant, juniper relieves congestions throughout the body that result from heart problems. Medieval physicians wrote, 'If juniper boughs are burnt to ashes, and the ashes put into water, a medicine will be obtained that has cured the dropsy in an advanced stage.' Dropsy is known today as congestive heart failure (CHF).</p>
<i>Infections</i>	<p>Sebastian Kneipp, in <i>My Water Cure</i> (1897), says this of juniper berries: 'Those who are nursing patients with serious illness as</p>

scarlet fever, small pox, typhus, cholera, etc. and are exposed to contagion by raising, carrying, or serving the patient, or by speaking with him, should always chew a few juniper berries (six to ten a day). They give a pleasant taste in the mouth and are of good service to the digestion, they burn up as it were, the harmful miasms, exhalations, when these seek to enter through the mouth or nostrils.'

The berries, boiled and used as a spray, will disinfect rooms used by patients with infectious diseases. The spray kills fungi and is excellent for disease prevention.

As a poultice, juniper bark or fruit may be applied directly onto wounds to prevent infection. A tea of the berries can be used on insect bites and bee stings. It is also an antidote for poisonous snake bites.

Because of its blood cleansing properties, juniper taken internally helps wash out infections from the body. It is often included in other herb combinations for its abilities to flush out infections and remove acid and toxic wastes.

Digestion

The berries can improve impaired digestion and strengthen weak stomachs. It is an excellent digestive tonic. Juniper decoction or oil taken internally is used when there is putrefaction and gas in the stomach and intestines. Obstinate stomach troubles have been relieved by releasing pressures that cause stomach tissue weakness, indigestion, and poor assimilation.

Juniper increases appetite, aids digestion, expels wind, and kills worms and parasites. Juniper teas are approved in Germany for stomach complaints and to stimulate appetite.

Nervous System

Juniper can strengthen brain, memory and optic nerves, and it helps heal epilepsy.

Lungs

Juniper helps dilate the bronchial tubes and has been used effectively for coughs, shortness of breath and tuberculosis.

Blood Sugar

Juniper naturally helps produce usable insulin, aids in the healing of the adrenal glands and aids in the prevention or alleviation of diabetes and hypoglycemia.

Clinical studies have verified the effectiveness of juniper as a treatment for insulin-dependent diabetes. It triggers insulin production in the body's fat cells and stabilizes blood sugar

	levels.
<i>Women</i>	Juniper tea is effective for leukorrhea and gonorrhoea. It makes an excellent douche for vaginal infections and can be used for suppressed menstrual flow.
Herb Parts Used	Usually the berries are used medicinally, as well as the leaves and bark. Juniper essential oil is distilled from the berries and wood.
Preparations and Remedies	Juniper berries are used as a spice in a wide variety of culinary dishes. Juniper berry sauce is a popular flavoring choice for quail, pheasant, veal, rabbit, venison, and other meat dishes.
<i>Chew Berries</i>	Juniper is a good disease preventative. When exposed to contagious diseases, chew the berries or use as a gargle in a strong infusion form. <i>For a weak stomach:</i> Chew 5 softened berries a few days in succession, increasing the amount 1 a day until 15 berries are taken a day. Then decrease the amount by 1 berry a day for 5 more days.
<i>Powdered Formula</i>	<i>Kidney Formula:</i> The herbs in this formula have been used to nutritionally support the body in strengthening the bladder, kidneys and lower back. They have also historically been used to alleviate water retention. 2 parts Juniper Blue berries 2 parts Parsley root 2 parts Dandelion root 2 parts Uva Ursi leaves 1 part Buchu 1 part Ginger root 1 part Althea root (Marshmallow) ½ part Goldenseal root ½ part Astragalus Use powdered herbs to encapsulate or make a glycerin-based extract.
<i>Infusions</i>	<i>Juniper Tea:</i> 1 ounce Juniper berries (or leaves), cut or crushed 1 pint distilled water To make an infusion, soften several tablespoonfuls of the

	<p>berries by soaking. Drain and add 1 pint boiling water, and steep for 15-30 minutes. Cool, and take the infusion in 2 fluid ounce doses every 3-4 hours (or 1 tablespoon doses for children).</p> <p><i>Urinary Tract Infection Tea:</i> (see UVA URSI preparations)</p> <p><i>Essential Oil</i> Essential Oil: Juniper berries are steam distilled to produce an essential oil that may vary from colorless to yellow or pale green. It works as a detoxifier and cleanser, is beneficial for the skin, and assists with nerve regeneration. Use as a spray for fumigation. Apply topically for skin irritations, depression, fatigue, sore muscles, rheumatism, urinary infections, fluid retention, and wounds.</p>
Safety	<p>No health hazards or adverse side effects are known with proper dosages.</p> <p>Avoid during pregnancy, as juniper has strong vasodilating and diuretic effects.</p>
Plant Profile	<p>This common shrub grows in dry woods and on hills and mountain slopes of North America, Europe, Asia, and North Africa.</p>
<i>Description</i>	<p><i>Natural Habitat:</i> Junipers are evergreen shrubs or small trees that vary in shape and size (2-20 feet tall) with needle-like leaves and numerous seed cones. The female seed cones are very distinctive with thin, waxy coated scales which fuse together to form a fleshy, berry-like structure. These contain 1-12 hard-shelled seeds.</p> <p>Berries do not ripen until the second year, changing from a green color to the mature blue to dark purple color (red-brown or orange in some species). The berries are usually aromatic, sticky when crushed, and initially taste sweet and pleasant, then bitter. The male cones are similar to other cypress, with 6-20 scales. Most shed their pollen in early spring (in autumn for some species).</p>
<i>Harvesting</i>	<p>Do not use first year berries which are green and acidic. Use only the second-year berries, which are dark blue to deep purple.</p>
<i>Storage</i>	<p>Juniper berries may be preserved for longer periods of time by drying them or by preparing a tincture.</p>