

Juniper

Botanical name: *Juniperus communis*

Energetics/Actions: Spicy, sweet, warm, antiseptic, antimicrobial, anti inflammatory

Description

Juniper grows as a shrub or small tree throughout the northern hemisphere. It does well in dry and rocky soils. It was used by Indigenous tribes of North America as a food and to suppress the appetite when food was scarce. Juniper was first used by the Dutch to make gin and the word "gin" comes from the French *genièvre*, which means 'juniper'.



Uses

UTI: A well known urinary antiseptic and diuretic, it dilutes the urine and increases filtration rate of the kidneys.

Digestion: Approved for use in Europe for heartburn, indigestion, gas and bloating.

Pain: Traditionally used for joint pain due to gout and arthritis. Inhibits prostaglandin synthesis.

URI: Used for coughs and bronchitis as a steam.

Dose

Tea: 1 teaspoon crushed berries in 1 cup of water, steep for 20 minutes. Drink 2-3 times a day.

Tincture: 1 dropperful 3 times a day.

Essential oil: 2-4 drops in the bath. Combines well with lavender.

Safety Information

Not for use in pregnancy. Not for use in persons with kidney disease. Best for short-term use.