Juniper *(Juniperus communis)*

Evokes feelings of health, love, and peace and may help to elevate one's spiritual awareness. Improves circulation, particularly to the kidneys. Most Valuable Uses: Fluid retention, rheumatism, ulcers, arthritis, acne, eczema, obesity, gout, mental exhaustion, infections, nervous tension, toxicity, overindulgence of good, cystitis, sciatica, hay fever, premenstrual bloating, acne (cleanses and detoxifies), coughs, depression, nerve function & regeneration, obesity, ulcers, urinary infections, wounds and edema.

Ingredient In: LeDreams, LeEnergy, LeEverlasting, LeInside-Out, LeMagi, LeTenda Care, LeWhispering Hope

Therapeutic Properties: Antiseptic, diuretic, expectorant, emmenagogue, anti-parasitic, tonic, depurative

Application: Apply to appropriate areas of the feet, directly on areas of concern

Aromatic: Said to improve mental clarity and memory without undue stimulating effects on the nervous system, quite relaxing

Contra-indications: Avoid during pregnancy, use with caution on children and very cautiously on people with kidney disease (great for infections, but not for people with kidney disease)

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