

# JUNIPER BERRIES

*Juniperus communis*



Part Utilized:  
Berry

## PROPERTIES:

Stimulant, Diuretic, Astringent, Carminative,  
Antibacterial, Antiviral, Antiseptic

## SYSTEMS AFFECTED:

Endocrine/Glandular, Urinary, Digestive

## POSSIBLE USES:

blood sugar issues (such as hypoglycemia),  
inflamed sinuses, kidney and bladder problems,  
indigestion, gas



## INGREDIENT IN:

Cascara/Juniper, KB, KS, KT, MH

## GENERAL INFORMATION:

The antiseptic properties of Juniper Berries disinfect the urinary tract, while the diuretic and antilithic properties rid the urinary tract of excess fluid and uric acid buildup. Reduction in fluid and uric acid can prevent or relieve gout and even help with arthritis.

Juniper is high in natural insulin and naturally lowers blood sugar levels. It can assist in healing the pancreas as long as the damage has not become irreversibly severe. Juniper Berries, when ingested as a tea, reduce inflammation and soothe the entire gastrointestinal system, and is a helpful treatment for upset stomach, heartburn, flatulence, bloating, and may even help the body expel intestinal worms.