

Product Profile

JUNIPER

Juniperus communis

Liquid extract of dried ovulate cone (aka berry).

Actions: Aromatic resins serve as urinary stimulant, diuretic and antiseptic. Warming stimulant to digestive system; stomachic and carminative. Mild circulatory stimulant.

Uses: Chronic mucous discharge of genito-urinary system; gleet. Skin problems associated with torpid urinary system. Menstrual problems not associated with inflammation; emmenagogue for atonic amenorrhea. Chronic arthritis, gout and muscular rheumatic disease. Poor appetite and digestion due to atonic digestive system. Relief of flatulence. Topically for arthritic joints, sprains and strained muscles.

Dose: Take 30 to 40 drops, 2 or 3 times per day for no more than 6 weeks. Best used with soothing diuretics (e.g., Plantain, Marshmallow, Hydrangea). Topically apply full-strength over affected area.

Cautions: Consult a qualified midwife or physician before taking during pregnancy. Avoid or moderate use in acute inflammation or pain of kidneys. Larger or prolonged doses (over 4 to 6 weeks) may irritate kidneys. Discontinue use if this occurs.



Excerpted from the [Therapeutic Herb Manual](#) by Ed Smith. The [Therapeutic Herb Manual](#) is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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