

Juniperus communis – Cupressaceae

Indications

Circulatory

Digestive

Poor appetite, flatulence, sluggish digestion, obesity

Genito-Urinary / Gynaecological

Cystitis, bladder infections, urinary disorders

Immune System

Musculo-skeletal

Muscular stiffness, arthritis, rheumatism, cramps, post-sports treatment, gout, lower back ache

Nervous

lethargy, nervous system exhaustion, worry

Respiratory

Bronchitis, sinusitis, cough, asthma, colds & flu, excessive mucus, sore throats

Skin

Cellulite, oedema, acne, hair loss, seborrhea, herpes

Clinical Research

1997 study looked at the nephro-toxicity of juniper oil, over a period of 28 days - no changes in kidney function or structure were observed, the conclusion was the oil was non-toxic.

The mosquito repellent activity of juniper oil has been demonstrated leading to the possibility of developing eco-friendly insecticides.

Psychological uses

Since ancient times, juniper has been associated with spiritual purification and the ability to drive out negativity. It cuts through emotional stagnation, making it ideal for those totally absorbed in their own thoughts and worries. It alleviates fear and paranoia by providing the movement of energy necessary to progress onwards through difficulties and strife. The individual who is rooted by fear of failure can be greatly helped by using juniper oil.

Summary

Detoxifying, diuretic