

# Juniper Berry

JUNIPERUS COMMUNIS

Juniper Berry shrub is currently in the British Herbal Pharmacopoeia for rheumatic pain and cystitis.

## COUNTRY OF ORIGIN

Scandinavia, Siberia, Canada, Northern Europe, and Northern Asia. It is also grown in Croatia, India, and Macedonia.

## EXTRACTION METHOD

Steam Distillation

## PLANT PART

Fruit (ripe berries)

## BOTANICAL FAMILY

Lamiaceae (Labiatae)

## CHEMICAL FAMILY

Monoterpenes, Monoterpenols, Sesquiterpenes

## AROMA

Outdoorsy, Pine, Woodsy, Balsamic

## NOTE

Middle

## SAFETY

- Use in low dilution, especially if used in bath and massage oil blends (applying to the skin).
- Non-toxic, non-irritating.
- Mild diuretic effect, so exercise caution with individuals who have poor kidney function.

Juniper Berry is considered non-toxic, although some believe it may cause skin irritation or sensitization if oxidized. Some sources claim Juniper is contraindicated in pregnancy and kidney disease. These sources are likely referring to oil extracted from a different species called Juniper, *Juniperus sabina*, also called Savin. Tisserand states that the claims against *Juniperus communis* are not supported by research, nor the specific oil's chemistry, per the Aromhead.com website.

## THERAPEUTIC PROPERTIES

Uses for Juniper Berry include skin conditions, sinus infections, and any stress-related conditions.

ANALGESIC	SEDATIVE	RUBEFACIENT
ANTIFUNGAL	ASTRINGENT	VASODILATOR
ANTIRHEUMATIC	TONIC	WARMING
ANTI-INFLAMMATORY	CIRCULATORY STIMULANT	DETOXIFIER
ANTIBACTERIAL	DIURETIC	ANTISEPTIC
ANTISPASMODIC	DECONGESTANT	ANTI-RHEUMATIC
CARMINATIVE	ANTI-PARASITIC	

## BODY SYSTEMS

### CIRCULATORY

POOR CIRCULATION, CHOLESTEROL & BLOOD SUGAR SUPPORT

### DIGESTIVE

LIVER ISSUES

### IMMUNE

EPIDEMICS

### INTEGUMENTARY

ACNE AND PSORIASIS

### LIMBIC

TENSION AND STRESS



## BODY SYSTEMS (CONT.)

LYMPHATIC

DIURETIC FOR WEIGHT LOSS

MUSCULAR

RHEUMATISM, GOUT, ARTHRITIS

URINARY

WATER RETENTION

### REFERENCES:

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3. THE ESSENTIAL LIFE, A SIMPLE GUIDE TO LIVING THE WELLNESS LIFESTYLE, 2015, TOTAL WELLNESS PUBLISHING, LLC
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5. ESSENTIAL OIL SAFETY, ROBERT TISSERAND AND RODNEY YOUNG, SECOND EDITION 2014, ELSEVIER BOOKS