



Juniper Berries

Stock #400-4 (100 capsules)

Juniper berries are most commonly used as a diuretic to eliminate excess water retention. However, the berries also contain strong antiseptic, anti-inflammatory and analgesic (pain-relieving) properties which are helpful for treating infections, especially within the urinary tract.

Juniper berries have been found to be especially beneficial for problems of the bladder, kidneys, and prostate. Juniper berries are effective at fighting both bacterial and yeast infections, as well as chronic prostate and urinary tract infections in men with benign prostatic hypertrophy (BPH), also referred to as enlarged prostate.

A liquid extract made from juniper berries can be used as a gargle for infections of the mouth and throat.

Perhaps less well-known is that juniper berries enhance digestive function by stimulating the production of digestive fluids. Juniper berries also have a stimulating effect on the uterus, promoting menstruation and increasing menstrual flow.

Juniper berries are commonly recommended for arthritis, colic, cystitis, dysuria, flatulence, gout, kidney inflammation, kidney stones, poor digestion, rheumatism, sinusitis, ulcers, urethritis, and water retention.

Topically, juniper berries are used, like tea tree oil, to disinfect and heal cuts and scrapes, treat psoriasis, and provide relief for neuralgia and rheumatic pain.

Juniper berries contain terpinene-4-ol, which is responsible for the herb's diuretic activity. Juniper berries are a rich source of chromium and have been used to treat blood sugar imbalances. Juniper berries also contain some vitamin C.

Researchers have documented that juniper berries promote antitumor activity in animal studies. Studies also show they exhibit strong cytotoxic (toxic to certain cells) activity against HELA cancer cell cultures. Furthermore, juniper berries have demonstrated antibacterial properties in vitro against a number of human pathogens (disease-causing agents), as well as antiviral abilities, again in cell cultures, against herpes simplex virus I and II and influenza virus A2.

Juniper berries are not recommended for women prone to heavy menstrual bleeding or pregnant women, as the herb may stimulate uterine contractions and cause abortion. Juniper berries should not be taken by individuals with kidney disease or impaired kidney function, as inflammation may occur.