

Herb	Pharmacological actions	Suggested uses	Directions and safety precautions
Juniper Berries <i>Juniperus communis</i>	Diuretic, anti-inflammatory and decongestant. Antimicrobial, carminative, antirheumatic	Water retention, arthritis, cystitis. Acts as a diuretic, anti-inflammatory, and decongestant. Helps regulate blood sugar levels. Helpful in treatment of asthma, bladder infection, fluid retention, gout obesity and prostate disorders.	Infusion: 1tsp of lightly crushed berries in 1 cup of boiled water, steep for 20 min in covered container. Drink 3x/day. Not when pregnant. May interfere with absorption of iron and other minerals when taken internally. Should not be used during pregnancy. Should not be used by persons with kidney disease.

NB This information is not intended to substitute a competent Health Care professionals advice or treatment.