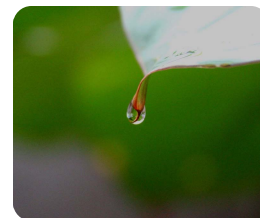


Essential Oils Then & Now Newsletter

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JUNIPER OIL

Throughout history Juniper can be found - from berries in archeological digs of prehistoric man to 19th century French hospitals, which burned sprigs of Juniper with Rosemary to prevent the spread of small pox. Contained in the famous perfume and incense of the Egyptian Kyphi. Mentioned in the oldest Book of the Bible - Job 30:45. Burned as a fumigant and ritual incense by the Ancient Greeks to combat epidemics, and in their (and later Tibetan and Native American) ritual cleansing ceremonies. During the Middle Ages when it was considered a panacea, the abbess and physician St. Hildegarde von Bingen, writing in the 12th century, recommended a hot bath of the crushed berries for infections of the respiratory tract. Bundles of Juniper berries were hung in medieval doorways to ward off evil spirits and witches. Both Joseph Miller's *Herbal*, written in 1722, and William Whitla's *Materia Medica* published in 1882 contained the medicinal uses of Juniper berries, essences and oil.

Juniper oil is invaluable as a detoxifier and first-rate for most genital-urinary disorders. Because it reduces uric acid in the blood, it helps reduce the aches and pains from gout, rheumatism and arthritis. As a diuretic, a purifying antiseptic, stimulant and kidney restorative, it's useful for kidney disturbances involving albuminuria and diabetes. In a massage or bath especially when mixed with bergamot or cedarwood, it relieves cystitis. Juniper dramatically reduces urinary retention caused by an enlarged prostate; however, large doses of Juniper can cause retention. (A large dose of any essential oil is never recommended.) It is always important to see a MD for all kidney conditions and if there is blood in the urine. Juniper is effective in circulatory complaints including varicosity, hypertension, and edema. It's naturally high in producing usable insulin aiding in the healing effect on the entire body where there is an insulin deficiency. Use for acne, adrenal stress, allergies, arteriosclerosis, bedwetting, boils, Bright's disease, bursitis, cellulites, colds, colic, coughs, constipation, cramps, cystic fibrosis, fungal infections, hypoglycemia, snake and insect bites, vaginal discharge and worms.

Veterinary uses include treatment of canker in the ears of dogs and cats, mange in dogs, and the removal and prevention of fleas and ticks.

Juniper applied to the forehead enhances feelings of optimism. Applied on the cheeks, confidence and euphoria. It's helpful for people exposed to large numbers of people in the course of their work or a few who are emotionally draining and for mothers of large families exhausted by the constant demands of her or other people's children Juniper oil helps purge us of worry and self-absorption rooted in fear of failure, guilt, lack of self-worth, listlessness, emptiness, conflict and defensiveness. It restores our determination to overcome life's obstacles, and replaces stagnation and isolation with movement and openness. Juniper evokes feelings of health, love and peace, and encourages a warmer friendlier state of being.

Can you think of a better state to be in?

Joanna