

counters, etc. The tea is also effective as a wound wash to either prevent or cure infection. Use 1 ounce (25 g) herb per 1 quart (1 l) water, boil 30 minutes, let steep overnight.

Berries: For gastric problems: eat 1 to 5 berries per day for 2 weeks.

Powdered: Add any part of the plant to wound powders, or use alone to prevent or cure infection in wounds.

Food: Berries and new needle growth can be added to many dishes both for flavor and to kill food-borne bacteria. Crumble the berries, or dice new needle growth and cook into food.

Steam: Any part of the plant, but usually the needles or berries. Use in sweat lodge or sauna, or boil 4 ounces (100 g) of needles or crushed berries (fresh is better) in 1 gallon (4 l) water and inhale the steam.

Essential oil: Combine 8 to 10 drops with 1 ounce (30 ml) of water in a nasal spray bottle for sinus and upper respiratory infections. In diffuser for helping prevent and cure upper respiratory infections. Moderate amounts in water for use as steam inhalant or in sweat lodge for upper respiratory infections.

Side Effects and Contraindications

Avoid if you are suffering from acute kidney disease, are pregnant, or have gastric inflammation. High doses or long-term use may irritate kidneys.

Alternatives to Juniper

Any evergreen species, especially pine, fir, cedar, and spruce, in that order. Pine has shown significant antibacterial activity in laboratory study against antibiotic-resistant bacteria, as has fir and, to a lesser extent, spruce. This tends to bear out their long traditional use for healing infectious disease. Dosages for all the evergreens are comparable. The berries of any juniper species may be used similarly.

One relatively new discovery is the power of pine bark in treating disease. Pine bark is higher than any other plant except grapeseed in proanthocyanidin, a powerful antioxidant and potentiator of vitamin C. Free radicals have been implicated in scores of diseases such as cancer, Alzheimer's disease, Parkinson's disease, arthritis, cataracts, heart disease, and stroke. The human immune system uses antioxidants to deactivate and eliminate free radicals from our bodies. This antioxidant