
TOP 10 USES FOR JUNIPER BERRY OIL

- 1. Nightmares/Night Terror:** Dilute and massage a few drops of Juniper Berry on the tummy before bed. Inhale before bed.*
- 2. Staying Asleep:** Dilute and massage a few drops of Juniper Berry on the tummy 20 minutes before bed. If you like, you can drink a few drops with water.*
- 3. Self-Awareness & Courage:** Rub on tummy morning & night, smell and use affirmations about courage as you move forward.*
- 4. Kidney Support:** Juniper Berry 4 drops, Grapefruit 5 drops, Helichrysum 4 drops, Lemon 5 drops in 1 tablespoon of Fractionated Coconut Oil – apply over lower back – warm moist compresses.*
- 5. Relieve Obsession:** Cypress 3 drops, Juniper Berry 2 drops; apply to break up the patterns no longer needed.*
- 6. Support Change:** Juniper Berry 2 drops, Cypress 3 drops, Frankincense 1 drop; apply to sternum and back of neck and clearly state intention.*
- 7. Skin Blemishes:** Dilute with Fractionated Coconut Oil and rub on topically. Regularly take internally to clean inside out.*
- 8. Cholesterol Support:** Mix 1-2 drops of Juniper Berry & Lemongrass in a veggie capsule take twice a day. You can also put on the liver area and reflex points on the feet.*
- 9. Urinary Support:** Rub diluted Juniper Berry & Geranium on lower abs as needed.*
- 10. Antioxidant support:** Add to drinks or smoothies daily.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

