

Cedar Berries *Juniperus monosperma* Jo Francks, M.H.

Juniperus monosperma, or one seed juniper, is a very hardy tree native to the southwestern United States. It can grow to heights of 25 feet and has flat scale-like leaves and bluish-green berries which take two years to ripen. The second year berries are blue, while the first year berries are green.

Dr. Christopher discovered the wonderful medicinal qualities of cedar berries by accident. He had a patient with a kidney problem who couldn't void his urine. Dr. Christopher told him to use juniper berries to clear up the problem. When the man came back and informed Dr. Christopher that the juniper berries weren't working they discovered the berries he was using weren't true juniper berries, they were cedar berries. Cedar berries have one stone and juniper berries have 3 to 7 stones. The man told Dr. Christopher that the berries weren't doing anything for his kidney condition, but since he had been taking them he noticed he did not have to use as much insulin. Dr. Christopher then began to experiment with cedar berries and discovered that it helped his patients that had diabetes and the ones who had hypoglycemia. Dr. Christopher emphasized that both diabetes and hypoglycemia stem from the same problem – a weak pancreas. From these experiences he came up with his Pancreas formula which helps the pancreas and other affiliated glands that, through malfunction, cause high or low blood sugar. It has always been recommended to use this formula along with the mucusless diet.



I knew a man who had a stroke. Afterwards he was diagnosed with diabetes from some of the tests the doctor had done. He was monitoring it through diet and blood tests to check his blood sugar levels. I gave him a bottle of cedar berry tincture with instructions to take a dropper with each meal. A few months later he went back for a checkup. They gave him results of the tests they had done that day but said nothing about diabetes so he asked, “what about the diabetes?” He was told he didn't have diabetes. He felt that the diabetes went away thanks to the cedar berry tincture he had been using.

Cedar berries have also been used for digestive issues, skin problems such as acne and psoriasis, and as a blood purifier. They can be used as a tea or tincture internally or externally.

Jo Francks works at the School of Natural Healing as a Student Adviser and Master Herbalist. She is a certified Iridology instructor through the International Iridology Practitioners Association (IIPA) and a Quantum Touch Practitioner.