

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

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## Cedar (*Juniperus monosperma*) -Tara Pierce H

Traditionally, Cedar (as it is commonly known around here) has been used by native peoples to treat dandruff, as an aid in childbirth, reduce swelling in sprains and bruises, influenza,



headache, and used as an emetic.

Today the medicinal uses seem to focus toward the pancreas and have helped many people balance their blood sugar whether high (diabetes) or low (hypoglycemia).

Dr. Christopher discovered this accidentally with the help of a patient who was having trouble voiding his urine. Dr. Christopher advised him to take Juniper berries, fresh or made into a tea, and he would be helped. Weeks later the man returned and said that the Juniper berries had been no help to him. After examining the berries it was discovered that he had been using Cedar berries which are similar in looks to the juniper but contain only one

seed (*monosperma*) where juniper berries contain 5-7 seeds. Dr. Christopher got the man some Juniper berries for his ailment but upon thanking Dr. Christopher the man told him he would continue to use the cedar berries because he had been able to cut down on the use of insulin for his diabetes. Dr. Christopher was astounded and excited! He had the man increase the amount of cedar berries he was using and within a few months his pancreas was healed and producing its own insulin.

My husband was diagnosed with type 1 diabetes 7 years ago at age 36. It used to be rare to find a type 1 over the age of 30 but due to the increase of auto immune diseases it is on the rise. After reading the story stated above, we decided to experiment with Cedar berries and see what effect it had on his insulin use. I had also read that fresh ground flax seed has been found to reduce insulin use so we decided to use them both together. Two weeks ago he started taking 12 cedar berries and 2 Tbls. of flax seed each day. He grinds them together each

morning (Nutri-Bullet) and takes 1/2 of the mixture in the morning and the other 1/2 at night. Just by adding this mixture to his daily routine for only two weeks he is down by 5 units a day!

Other important things to do for diabetics:

1-Mucusless Diet to cleanse and nourish the entire body and aid in weight loss.

2-Distilled water to flush built up waste.

3-Lower bowel formula (working up through the extended herbal cleanse).

4-Pancreas formula to stimulate and heal the pancreas.

5-Glandular formula to support all the glands in the body and help them work together better.

6-Immucalm formula (type 1) to help calm and “reprogram” the immune system so it stops attacking cells that are not a threat. At the same time this will also help heal and strengthen the immune system so you are not left vulnerable to invaders.

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