

Chaparral

Latin Name: *Larrea tridentata*, *L. divaricata*

Also known as: Chaparro, Creosote Bush, Greasewood, Stinkweed, Gobernadora

Scientific Classification

Chaparral refers to over one hundred different botanical plant types. It is closely related to the South American *Larrea divaricata* and was formerly treated as the same species.

- Family: Zygophyllaceae - creosote-bush family
- Genus: Larrea - creosote bush
- Species: *L. tridentata* - creosote bush
- Species: *L. divaricata* - South American variety

Influence on the Body	(PRINCIPAL ACTIONS are listed in CAPITAL LETTERS)
<i>Blood and Circulatory System</i>	blood cleanser • blood poisoning • BLOOD PURIFIER • ALTERATIVE (purifies the blood, cleanses, and induces efficient removal of waste products) • circulation • lowers blood pressure
<i>Body System</i>	potent ANTIOXIDANT • tonic (increases energy and strength throughout the body)
<i>Cancer</i>	CANCER • LEUKEMIA • TUMORS
<i>Digestive Tract</i>	bitter (stimulates digestive juices and improves appetite) • stomach disorders • lower bowels • hemorrhoids • intestinal parasites • expels WORMS
<i>Eyes</i>	strengthens eyes • cataracts • glaucoma
<i>First Aid</i>	cuts • wounds • bruises • snake bites
<i>Infections and Immune System</i>	allergies • hay fever • colds • flus • viral diseases • antibiotic • anti-bacterial • antiseptic • anti-fungal • candida yeast • chicken pox • herpes • HIV • tetanus
<i>Inflammation</i>	bursitis • anti-inflammatory • ARTHRITIS • osteoarthritis • RHEUMATISM
<i>Lungs and Respiratory System</i>	respiratory system • EXPECTORANT • lungs • asthma • tuberculosis
<i>Muscles</i>	leg cramps

<i>Nervous System</i>	insomnia • anodyne (relieves pain and lessens the excitability of nerves)
<i>Pain</i>	pain • aches • chronic backache
<i>Reproductive System</i>	venereal diseases <i>Male:</i> • prostate problems <i>Female:</i> • hormone • menopause balancing • prolapsed uterus
<i>Skin, Tissues & Hair</i>	bruises • sores • swelling • boils • SKIN DISEASES • skin problems (blotches) • acne • eczema • psoriasis • warts • athlete's foot • fibrositis (overgrowth of fibrous tissues due to injury) • promotes hair growth • dandruff
<i>Urinary Tract</i>	diuretic • kidney infection • kidney stones • bladder problems
<i>Weight</i>	weight reduction • obesity

Key Properties:

- ALTERATIVE - BLOOD PURIFIER – cleanses toxins from blood and eliminative organs
- ANTI-CARCINOGENIC – anti-cancerous
- ANTIOXIDANT
- IMMUNE STIMULATOR
- ANTI-MICROBIAL – Inhibits bacterial, viral and fungal infections

Primarily affecting: BLOOD and liver • DIGESTIVE TRACT • URINARY TRACT
• LUNGS • IMMUNE SYSTEM

History	The word 'chaparral' comes from the Spanish language, meaning a low-growing shrub. Native Americans of the southwest called chaparral the 'Mother of All Plants.' It plays a prominent role in the creation stories of the Pima tribe. They believe the creator planted the bush shortly after creating the world. Papago, Pima, and Maricopa tribes of the southwestern states area boiled the leaves and branches for bruises and rheumatism. The dry-heated leaves and branches were applied as a poultice for chest and other pains of the body. The tips of young chaparral branches were sharpened, placed in the fire until hot, and inserted into tooth cavities to relieve discomfort.
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The Kawaiisu, Paiute and Shoshone tribes used the creosote bush for ailments relating to sepsis (bacteria infection) and digestive elimination. Resin from the leaves was rubbed on burns, scratches, sores, and wounds. They used chaparral tea to treat colds, bronchitis, chicken pox, snake bite, and arthritis.

White settlers were taught by friendly Native Americans and adopted the plant, using it for bruises, rashes, dandruff, and wounds. They used it internally for diarrhea, stomach upset, menstrual problems, venereal diseases, and cancers of the liver, kidney, and stomach. In Mexico, chaparral has been used for centuries as an anti-cancer remedy.

My Mom drank chaparral tea, and my Grandma drank it. Grandma even had a pan she used just for her chaparral tea. The oily creosote formed a thick, oily residue on the inside of the pan that could never be completely cleaned out. (Please note that when making chaparral tea over and over, it may ruin the pan you are using.)

Grandma drank chaparral tea every day of her life after she went into menopause in her early 50s. She said it helped with her menopausal symptoms and kept her pretty healthy. She lived to be 98 years old. Near the end, when others were caring for her, she wasn't able to make the tea regularly. Once she stopped taking it, she seemed to deteriorate much faster.

Attributes	<u>Key Components:</u> (including, but not limited to)
<i>Nutrition</i>	<p><u>Ascorbic Acid</u> (increased levels in the adrenal glands after ingestion) • <u>Aluminum</u> • <u>Barium</u> • <u>Chlorine</u> • <u>Potassium</u> • <u>Silicon</u> • <u>Sodium</u> • <u>Sulfur</u> • <u>Tin</u> • other essential <u>Trace Minerals</u></p> <p><u>Bitter</u> • <u>Protein</u> • <u>Nordihydro-guaiaretic acid (NDGA)</u></p>
<i>Circulation</i>	<p>The protein content of chaparral is similar to alfalfa in quantity and it has been used as cattle feed. NDGA, is used commercially as a preservative in lard and animal shortenings and approved for human consumption by the U.S. Department of Agriculture. NDGA is a powerful antioxidant (especially for fats and oils) and it is thought to be largely responsible for chaparral's anti-cancer, anti-tumor and medicinal properties.</p> <p>Chaparral increases circulation through vasodilation</p>

	<p>(opening of blood vessels), promotes sweating, and improves elimination of toxins from the liver and skin. It has the ability to cleanse deep into muscles and tissues. The lymph and respiratory systems are cleansed of toxins as well, rejuvenating the entire body and easing the symptoms of colds, flu, and bronchitis.</p>
<i>Blood Toxicity</i>	<p>Those who suffer with arthritis, rheumatism, sinusitis and bursitis may find their condition significantly improved after blood purification with chaparral.</p> <p>Toxins can accumulate in people who work with photography or industrial chemicals on a regular basis. Toxic headaches or breathing problems often result. Once the blood is cleansed, these complaints are alleviated.</p> <p>Chaparral is excellent for getting rid of the chemical build-up from processed foods. It has been used to eliminate the residue of LSD drugs from the body, helping to prevent recurrent symptoms. Of course, one must stop continued chemical and/or drug exposure to obtain total relief of symptoms.</p> <p>Heavy users of drugs, including caffeine, alcohol and chemotherapy may experience headaches and nausea when taking chaparral. This is a result of getting toxins moving in the blood and through the system for elimination. Adjust the use of blood purifying herbs (including chaparral) to tolerance as you cleanse.</p>
<i>Inflammation</i>	<p>The oil from chaparral's resin has been shown to reduce inflammation of the intestinal and respiratory tracts and is reportedly a strong pain-killer.</p>
<i>Eliminative Organs</i>	<p>Chaparral cleanses the lower bowel and tones peristaltic muscles (intestinal muscles that contract to move contents onward). Take chaparral with fluids, as it is a strong cleansing herb for the kidneys and a potent healer of the urethral tract, blood, liver and lymphatic system. Chaparral tones the system and helps rebuild tissues.</p>
<i>Expectorant</i>	<p>Chaparral was listed in the United States Pharmacopoeia from 1842 through 1942 as an expectorant (substance used to clear mucus from the respiratory system) and as a bronchial antiseptic.</p>
<i>Immunity Stimulant and Anti-Microbe</i>	<p>Chaparral is an excellent antiseptic, antibacterial, and anti-fungal herb. Chaparral infusions are used to alleviate</p>

athlete's foot and for external sores and wounds. Chaparral is so powerful that parasites will leave the system, and dangerous microbes will either leave or perish.

Strong smelling and nasty tasting, chaparral is the supreme blood cleanser and immune stimulator. It removes heavy metals and all forms of putrefaction and decay. Decoctions or strong teas have been taken historically for cancer, HIV, and all serious diseases (see Safety section below).

Candida People with large abdomens usually have a dramatic overgrowth of yeast in their body. Chaparral is one of the primary herbs to get rid of candida yeast. It is famous for eliminating candida from the body as a vaginal wash and as a topical wash on the skin. The tea is also effective when taken internally. Chaparral works particularly well against candida when dried and powdered and taken in a capsule along with the herbs pau d'arco, olive leaf and myrrh.

Anti-Aging As a strong antioxidant, the plant is known to act against free radicals, thereby helping to prevent degenerative diseases associated with aging.

Cancer Chaparral contains elements which have definite anti-cancer potential to help decrease tumors and combat leukemia. Many universities have tested chaparral and found it to be an aid in dissolving tumors and in fighting cancer. Some suggest that chaparral's ingredient, NDGA is an anti-tumor agent as well as a powerful antioxidant. Others attribute its anti-carcinogenic properties to its ability to purify the blood and tissues of toxins.

For more than 100 years, chaparral has been used as a treatment for cancer. The medical literature from the National Cancer Institute contains several case reports of tumor reduction in people who used chaparral. One case published in the *Cancer Chemotherapy Reports* tells of a man diagnosed by University of Utah physicians as having malignant melanoma, a serious skin cancer. The doctors urged surgery, but the man refused, saying he intended to treat himself with chaparral tea. The Utah medical team was aghast, but eight months later, the man returned. To their credit, it was noted that he had 'marked regression' of his cancer at that time.

FDA Warning On December 10, 1992, the FDA (Federal Drug Administration) issued a press release warning of the potential link between the use of chaparral and liver toxicity.

	<p>Many manufacturers and distributors voluntarily suspended sale of the herb shortly after this time.</p> <p>It has been our experience that chaparral is a potent blood cleanser that may increase the work-load of the liver while eliminating toxins and pollutants of all sorts from the body. I highly recommend that individuals with weakened livers first support and strengthen the liver with appropriate herbs before cleansing toxins from the body.</p> <p>Chaparral has a 2,000 year recorded history of effective medicinal use. It is a wonderful and powerfully safe herb when used properly and without abuse.</p>
<p>Herb Parts Used</p>	<p>Leaves and twigs</p>
<p>Preparations and Remedies</p> <p><i>Infusions</i></p> <p><i>Soak</i></p> <p><i>Decoctions</i></p>	<p>The powdered or cut form of chaparral is used in capsules, in tablets, and for infusions.</p> <p><i>Chaparral Tea:</i> Pour one cup boiling water over one teaspoon chaparral leaf and leave to stand for ten minutes. This is excellent to relieve bad reactions to some food, or to speed recovery after alcohol over-indulgence.</p> <p>Use the infusion as a wash for bruises, cuts and minor wounds, or as a vaginal douche for women. Make a hot fomentation (towel soaked in liquid and placed on affected area) of the infusion for old sores and inflammation.</p> <p><i>Athlete's Foot Soak:</i> This fungal infection can be alleviated by soaking the feet in a double strength chaparral tea (two teaspoons herb to one cup of hot water) several times a day, until healed. A paste of chaparral and slippery elm powders mixed with aloe vera gel will further improve the condition.</p> <p><i>Native American Decoction:</i> Place one tablespoon creosote bush leaves and small twigs into a glass screw-top jar. Pour one pint boiling water over this, cover, and let stand overnight. Do not refrigerate. Do not remove surface sediment. Drink a quarter of the liquid a half-hour before each meal and at bedtime.</p> <p>Approximately 40 percent of the active ingredient is utilized (taken in the above amounts) with a total daily intake around 200-250 milligrams. Herbalists combine other herbs with creosote bush as the case requires.</p>

Nine-Day Chaparral Cleanse:

Make a quart of this tea every day, using the same herb for up to three days in a row before discarding. Fill one-fourth of a quart jar with dried chaparral (the fresh herbs may also be used if you have them). Continue filling the jar with boiling water. Throughout the day, drink the entire quart of tea. Repeat for a total of nine days.

This cleanse is incredibly potent. It will help purify the blood, cells, tissues, and skin of toxins and help rid the body of candida. You should be aware that this is a very intense cleanse and often brings out emotional issues associated with diseases that may have been hiding in the tissues. I recommend that you take the time to seclude yourself and do this cleanse on your own, when possible.

Alternative:

A milder type of cleanse may be done by taking just a tablespoon of the tea, two or three times a day for a longer period of time.

System Cleanse Tea:

1 part Buckthorn bark, cut
1 part Burdock root, cut
1 part Chaparral, cut
1 part Licorice root, cut
1 part Red Clover blossoms, cut or whole
1 part Dandelion root, cut
1 part Barberry root, cut
1 part Cascara Sagrada bark, cut

Add 1 cup of the above combined herbs to 2 quarts distilled water. Use only a stainless steel or glass pot. **Never use aluminum!** Bring to a light simmer. Turn the stove down and continue to simmer for 20 minutes. Strain out the wet herb and return it to the same pan. Add 2 more quarts distilled water to the pot and repeat the process of heating. Refrigerate. Discard the used herb when done.

Suggested use:

Take a 1/2 to 1 cup of the prepared *System Cleanse Tea*, 2-3 times a day for 6 weeks. Take a 2-week break and repeat usage for 6 weeks. Then take another 2-week break and repeat for a final 6 weeks.

Normal bowel movements occur at least 2-3 times a day. The body must be able to eliminate unhealthy cells and dead matter from the body. If constipated, increase the

amount of times *System Cleanse Tea* is taken each day. If bowels become too loose, decrease the amount of each dose and/or how often it is taken.

This formula helps cleanse every system of the body, beginning with digestion. It generally takes 3 days to clean out the digestive tract, then it starts on the other body systems, blood, lymph, cells, lungs, etc. It takes about 2 weeks to be an effective parasite cleanse.

CAUTION:

Using *System Cleanse Tea* may cause some weakness if the body is already fragile, or if the individual has had chemotherapy treatments. *System Cleanse Tea* has powerful herbs that draw chemicals and poisons from tissues in order to eliminate them. Sometimes it is too much for a frail body to take all at once. Use this tea wisely. Ease off if needed, nourish and strengthen the body, then try again when ready.

It is an excellent idea to build the body with kidney and liver herbs (milk thistle, dandelion, etc.) for at least a month before going on an extensive cleanse.

Safety	Do not use with compromised kidney or liver conditions until these organs are stabilized and functional. It is recommended that appropriate herbs be taken to support the liver during a deep cleanse, such as milk thistle and dandelion.
Plant Profile	<p><i>Natural Habitat:</i> The chaparral bush grows in low altitudes (sometimes up to 3000 feet above sea level) and is commonly found in desert regions of southwestern United States and Mexico. It covers thousands of square miles from California, Utah, Arizona, and New Mexico, west to Texas, and south to Mexico.</p> <p><i>Description</i> Chaparral is a very long-lived perennial (the plant grows back each year from a persistent rootstock). As it grows, its oldest branches die and its crown splits into separate crowns, making 'clones' of the original plant. This normally happens when the plant is 30 to 90 years old. Eventually the old crown dies and the new clones continue growing and splitting. One chaparral plant near Lucerne Valley, California, has been named 'King Clone' and has been carbon dated to be over 11,700 years old.</p> <p>Chaparral is a common desert shrub that grows 12 or 15 feet</p>

high. The bush is considered to be a dominant plant of the desert flora. It appears to take up most of the available water where it grows, leaving other plants to wither and die when water is scarce.

Stems and leaves are dark-green, or if in a drought season, pale or yellowish-green. Its small leaves exude a waxy resin that smells like creosote (an oil which is used to treat wood) and is the source of its popular names: stinkweed, grease-wood, and creosote bush (though the plant does not contain actual creosote components).

Bright-yellow flowers (of about one inch in diameter when fully grown) appear in early spring, and small, white, hairy fruits follow shortly thereafter.

Harvesting

The best time to gather seeds for replanting is when they are well developed in the springtime or in the fall (do not hesitate to gather at other times as well). The fresh leaves and twigs are harvested as the viable herb. When drying, take care to preserve the valuable volatile oils.