

QUICK REFERENCE SHEET

CHAPARRAL

Larrea tridentata



Part Utilized:
Leaf



PROPERTIES:

Astringent, Antibacterial, Antifungal, Antimicrobial, Antioxidant, Expectorant, Vermifuge, Anti-inflammatory

SYSTEMS AFFECTED:

Integumentary, Digestive, Circulatory

POSSIBLE USES:

arthritis, skin rashes and ailments, blood cleanse

INGREDIENT IN:

AC, BHM Plus Salve, BP, EW, MULC, RC, RC-L, SN

GENERAL INFORMATION:

The astringent and expectorant properties combine to make Chaparral an excellent tonic for the digestive system, and an effective way to remove parasites. Chaparral should not be taken internally for long periods of time, however, because it is sufficiently astringent as to dry out the mucous membranes within the body. The astringent properties help to clean the uric acid crystals and toxic particles from joints, relieving arthritis in many cases.

Chaparral is a potent blood cleaner and is often recommended as a possible adjunctive treatment for cancer, although there are no studies that I can find to support this (maybe because no studies have been made). It is known that Chaparral cleanses deep into muscles and tissues and into cellular structures.

Chaparral should be taken in small doses, especially at first, and should not be taken for long periods of time. Following a regimen of Chaparral, demulcent herbs such as Mullein or Slippery Elm should be utilized.