

Chaparral, Creosote Bush

by Ditoh Rohrig

Chaparral is a dwarf tree or shrub generally growing 4 - 12 feet in height. It thrives in the southwestern United States and northern Mexico region. The resin on the leaves is a natural creosote, which is why this plant is often called a creosote bush. The turpenes have properties similar to turpentine, which gives it a strong taste and smell and many of its medicinal properties.

Many refer to Chaparral as "Nature's Detergent" due to the foamy residue produced from the saponins on the leaves when shaken in water. It is known as a "cure-all" having medicinal properties that assist in the overall well-being of the body and in the healing of a variety of maladies.

Chaparral boosts the immune system and helps keep the body in an alkaline state, allowing it to naturally fight against infection, microbic invaders and many forms of dis-ease. It is generally used as a tea that allows it to begin working as soon as it is ingested. If one does not like the taste or gets stomach upset from the tea, it can be encapsulated in powder form.

Read more about this wonderful gift from nature to discover ways to boost your immune system, purify your blood, prevent a host of maladies and for assistance in recovering from a wide range of dis-eases.

Let Nature be your ally, Natur-ally!



WHERE TO PURCHASE CHAPARRAL

Chaparral grows in abundance in the deserts of the southwestern United States. If you are unable to collect the herb yourself, chaparral can readily be obtained at most natural health food stores. One online place to purchase is through Reevis Mountain School of Self-Reliance at: <http://reevismountain.org>

COLLECTING CHAPARRAL

Although you can pick chaparral at any time, I prefer to pick it just after it blossoms in the springtime. You may also use the flowers and fuzzy seed pods, as long as there is a higher proportion of leaves used. The small stems can also be included to make tea. Collect by breaking off the ends of a branch, generally a foot in length.

STORING CHAPARRAL

If you wish to save chaparral for future use, gather the woody ends of several branches. Tie them together with string or rubber bands and hang upside to dry. When the moisture is gone from the leaves, they can be stored in glass jars or pulverized into powder before storing. The powder can then be packed into capsules or saved to make tea and tinctures.



IS CHAPARRAL SAFE TO USE ?

In 1992, the FDA issued a warning regarding the use of chaparral tablets and capsules saying it was possibly linked to five cases of hepatitis (liver inflammation). Other organizations including the World Health Organization (WHO), the National Cancer Institute and researchers at the University of Illinois at Chicago have determined there are no hepatotoxicity (toxic to the liver) properties in Chaparral.

In 2005, Health Canada (The Canadian equivalent to the FDA in the United States) warned consumers to not ingest any products that contained Chaparral and banned importation of the herb after receiving ONE report of acute hepatitis associated with chaparral ingestion.

Given the widespread use of chaparral and its documented historical use by indigenous tribes for centuries, it appears to be quite safe. I encourage you to do your own research and make educated choices regarding your health care. Choose doctors knowledgeable in the use of herbs and nutrition and those who will take time to answer your questions

Like any herb or substance you ingest, use with caution. Every body is unique; it is not uncommon for some people to be sensitive to a substance that is highly energizing to others. Chaparral sensitivity symptoms include, nausea, vomiting, dark urine and/or abdominal pain. If your eyes or skin become jaundiced (turn yellow), stop using chaparral immediately, this is a sign of liver toxicity.

Various Maladies that can be aided with Chaparral

Abscess	Impetigo
Alcoholism	Inflammation
Allergies	Itching
Anemia	Kidneys
Antibiotic / Antiseptic	Liver
Arteriosclerosis	Lymph
Arthritis	Mucous Congestion
Athlete's Foot	Parasites
Blood Poisoning	Pets / Animals
Blood Purifier	Poisoning
Boils	Poison Ivy / Oak
Bursitis	Prostatitis
Cancer	Rheumatism
Chemical Poisoning	Ring Worm
Cholesterol	Scabies
Colds and Flu	Scalp
Congestion	Sinusitis
Cysts	Skin
Digestion	Sores
Eyes	Stomach
Female Discomfort	Sty
Fever	Tumors
Fungus	Urinary Tract
Gout	Venereal Disease
Growths	Venereal Warts
Herpes	Wounds
Immune System	Yeast Infection

CHEMICAL CONSTITUENTS OF CHAPARRAL

http://www.herballegacy.com/Farwell_Chemical.html

* Site collection will make a difference in the chemical makeup of any particular plant.

Chaparral contains a sizable amount each of gums, resins, esters, acids, alcohol, sterol, sucrose, and volatile oils, and the New Mexico Agricultural Experimental Station claims that Chaparral contains nearly as much protein as alfalfa, along with an abundance of sodium and potassium.

The Herb Shop in Springville, Utah analyzed a specimen of Chaparral and the chemical contents included:

12.2% Protein	3.1% Fat	21.6% Fiber
3.8% Ash	27.2% Carbohydrate	.37% Calcium
.62% Phosphorus	.49% Potassium	.12% Sodium
.08% Chlorine	.11% Magnesium	.0007% Iron
12. mg/lb Manganese	2. mg/lb Copper	.81% Resins
6.8% NDG	.37% Volatile oils	

Also included in the chemical make-up were tannic acid, gallic acid, pyrogallol, tricosanone, 2-methyl, and 1,4-naphthoquinone. Chaparral also contains Nordihydroguaiaretic acid (NDGA) which is known to be a cancer and tumor inhibitor.

CHAPARRAL TEA

Chaparral tea has many medicinal purposes and can be used internally, as well as externally. It has a unique taste which may need to be acquired. If the tea tastes too strong, then dilute it. Drinking 1-3 glasses a day will assist the body in maintaining a balanced pH.

When the body's pH level remains in an alkaline state, many diseases, including cancer cannot take root.

Place about half a cup of Chaparral leaves (this can include blossoms and stem pieces) in a quart jar. Fill the jar with **room temperature** water.

Cover and let sit on counter overnight. You can do this any night, but there seems to be a more energetic charge to the tea when set outside or on a window sill during the full moon.

Each time you pour off some of the tea, replenish with the same amount of fresh water. Strain the tea as you pour it into a cup with a small sieve, then place the leaves back in the jar.

If kept refrigerated, the tea should last about 21 days before it loses potency and starts to get funky.

*** Boiling water damages the essential nutrients in chaparral. Hot water makes the tea very strong with an oily residue (turpenes) floating on the top. Drain this off before drinking or dilute to taste. Chaparral is an excellent detoxifier and if ingested when very strong it can create temporary unpleasant side effects.

Do not underestimate the potency of this herbal remedy. Like any new substance, start slowly and pay attention to any possible side effects.

CHAPARRAL SKIN LOTION

The largest organ of the human body is the skin. Anything you place on your skin including lotions, sunscreen, insect repellent, soap and perfume is readily absorbed by the body. Read labels carefully before applying anything to your skin. If it is not favorable to human consumption, it should not be placed on the skin.

Have you considered the possibility that the rise of skin cancer may be attributed to toxic sunscreens and lotions?

This the basic recipe I use to make *Chappy Lotion*. *Be creative and discover your favorites!*

2 ounces olive oil
2 ounces almond oil
2 ounces grapeseed oil
1 ounce castor oil
1 level tablespoon beeswax granules

In a pan, slowly warm the oils to 140 - 150° Fahrenheit, allowing the beeswax to melt.

(I strongly suggest not using a microwave for any product that will be ingested by humans, animals or plants. Check out research on the effects of microwaving food and water!)

At the same time, in a separate pan, heat the following ingredients:

2 ounces Chaparral tea, previously prepared (make a strong batch)
1 ounce seawater or sea salt saline solution
20 drops magnesium chloride oil
A pinch of borax

When the ingredients in both pans are about the same temperature, slowly stir the contents of the 2nd pan into the oil mixture, while briskly mixing the combined ingredients with a whisk.

Using a funnel, pour the lotion into plastic or glass heat resistant bottles. Add 6 drops of rosemary or your favorite essential oil and seal. Fill a tub or sink full of cool water. Set the bottles into the water, gently rolling the bottles keeping the oils from separating during the cooling process.

Keep refrigerated.

Shake well before using.

Makes 10 ounces of *Chappy Lotion*.