

Chaparral, *Larrea Tridentata* Serena Scott, M.H.

I was introduced to chaparral while studying under the School of Natural Healing. After learning more about this wonderful herb, I decided to give it a try due to knee pain that I was experiencing. In spite of its unique smell and flavor, I enjoy making and drinking this tea on a regular basis.

Though I am fascinated with all of the herbs I have learned about from Dr. Christopher, I have great admiration for chaparral. I have introduced this herb to family members and friends. I love creating different blends using chaparral. Let me share a little of chaparral's history and virtues:

Chaparral is one of the strongest antioxidants and blood purifiers known. The history of chaparral dates back to ancient times when herbal healers administered chaparral tea brewed from its leaves. Chaparral comes from the Spanish language, meaning, a low growing shrub. It is also known by the names of Creosote bush and greasewood, because of the sticky, gummy resin that is on the Chaparral leaves.

Chaparral contains Nordihydroguaiaretic Acid (NDGA), a potent antitumor agent. This ingredient is the most active compound in chaparral, and is known to have a wide range of anti-cancer properties and is nontoxic in plant form. The NDGA in chaparral is what also makes it a powerful antioxidant, protecting the cells from damage.

It is interesting to note that the antioxidant effect in chaparral is so strong it was actually used for decades as an antioxidant preservative for oils and foods, with full approval of the USDA. I enjoy drinking this tea because I know I'm loading up on antioxidants in my body!

I think of chaparral as an all-purpose herb. Not only is it a blood cleanser, but a powerful antimicrobial herb. Chaparral increases immune function, enhances the central nervous system, and can help prevent cardiovascular diseases. Chaparral is also a great anti-inflammatory herb and can also help raise vitamin C levels in the adrenal glands.

Drinking chaparral almost daily has been a contributing factor in helping me stay well even in the midst of the COVID-19 pandemic. Diet and lifestyle also play a big role.

I consider chaparral to be one of the best herbs out there. It has become one of my favorite herbs for making tea and other herbal preparations.

***Serena Scott** is a Master Herbalist graduate from The School of Natural Healing. She loves helping others achieve better health and wellness through consultation and services, and by also sharing the foundational principles necessary for good health and the maintenance of it. She is also a trained classical pianist and music instructor. She lives with her husband. She enjoys plants, walking in nature, reading books, and learning more about natural healing.*