

LARREA TRIDENTATA

How Much? For What?

Keefa K. Lorraine
Weatherspoon, N.D., U.B.D.

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Suggested Dosages and Topical Applications of Larrea Tridentata for mild, severe, chronic and degenerative Viral based Systemic and Epidermal expressions, with an essential reader friendly Index of Viral Symptoms and Complaints.

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by Keefa K. Lorraine Weatherspoon ND

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Drawing on the wisdom of my Native-American and African-American ancestry, I have reconnected with this ancient herbal, *Larrea tridentata*.

The knowledge, explanations and suggestions offered for use of this powerful anti-viral, anti-fungal herbal are not intended to substitute or replace the need for attention by a qualified health care professional. They are intended as a guide and source of insight and information to assist you in identifying the challenging ramifications of the viral conditions we all face, understanding the broad application of the *Larrea tridentata* and working more efficiently with your health care practitioner toward your goals of health, harmony and prosperity.

If you can expand your awareness of the many vast, yet often undetected, ways these viral conditions are influencing, dominating, manipulating and undermining the health and well-being of your life and the lives of those you love and care about, if you can appreciate the blessing it is to have come across such a powerful solution and if you can open your heart and mind to share what you have discovered with another, *your* blessing will increase and *your* life will prosper for having touched the cord that binds us.

The Course in Miracles states: *When I am healed, I am not healed alone.*

May the sacredness of God's divine presence bless, enrich and heal your world.

Yours in light, love and clarity,
Dr. Keefa

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SACRED GROUND

Healing is a path, passage or journey back to vibrant health. It is very intimate, very personal, very sacred and very profound. We seek to honor and respect your healing journey as *Sacred Ground*.

WHAT ARE VIRUSES

Viruses are mutated parasites. Mutated parasites can become virulent in effect.

Webster's dictionary describes **virus** as **1.** *a)* any of a group of ultramicroscopic or submicroscopic infective agents that cause various diseases in animals, as measles, mumps, etc., or in plants, as mosaic diseases; viruses are capable of multiplying only in connection with living cells and are regarded both as living organisms and as complex proteins sometimes involving nucleic acid [RNA and DNA], enzymes, etc. *b)* a disease caused by a virus **2.** anything that corrupts or poisons the mind or character; evil or harmful influence

Webster's dictionary describes **virulent** as full of poison **1.** *a)* extremely poisonous or injurious; deadly *b)* bitterly antagonistic or spiteful; full of hate and enmity; venomous; rancorous **2. Med. a)** violent and rapid in its course; highly malignant; said of a disease *b)* able to overcome the natural

defenses of the host; highly infectious; said of a microorganism

Persistent identification with negative, toxic thinking and harboring negative, toxic emotions can create a breeding ground for parasites and viruses to take up residence, increase and multiply in the blood, tissues, cells, organs and glands of the organism. The result is dis-cord, dis-harmony, dis-comfort, dis-stress, dis-order and dis-ease. Viruses are air-borne as are negative, toxic thoughts and can spread and rapidly multiply.

RECOMMENDED USE OF LARREA TRIDENTATA

*Everyone probably has the herpes virus,
usually of multiple types.*

W. Dennis Clark, Ph.D.
*Treating Herpes Naturally
with Larrea Tridentata*

Repressing or suppressing viral conditions (by drugs or medication) may lead to severe, chronic and/or degenerative symptoms. The more toxic a person's blood and emotional state, the faster viral infections will replicate and the more severe, or virulent, will be the symptoms. Thus, the greater the effort needed in diminishing the replication of viral infections, and, the more Larrea tridentata initially required to arrest and resolve replication (spread of, intensity of pain, discomfort, disorder, disease, etc.).

Mild symptoms will require less, severe symptoms will require more and chronic or degenerative symptoms will require constant and persistent vigilant ingestion and application of Larrea tridentata.

Because viruses and parasites affect the central nervous system, in most every case of viral infection or viral condition, spraying the following areas is recommended:

- The crown of the head
- The spine (from the base of the brain [the medulla oblongata] to the tip of the tail bone)
- The navel
- The groin area
- The bottom of the feet
- Specific areas where aches, pain or discomforts exist, e.g., the breast bone for relief of tightness in the chest that often accompanies bronchial infections, the wrist area for relief of the discomfort that accompanies carpal tunnel syndrome, etc.)

IMPORTANT: The following suggested adult dosages are the guidelines I employ with my clients and patients for effective use of the Larrea tridentata in capsule, spray and lotion form and may vary with each individual circumstance. Additional consideration may be given to combinations of symptoms, conditions and complaints; levels of blood and emotional toxicity; efficiency of bowel and waste elimination; sleep patterns, etc. (Children under age 12 or under 60 pounds should use one-

half the adult dosage). Consult a qualified health professional for specific instructions.

MILD SYMPTOMS

100 mg. (2 [50 mg.] capsules) per day

SEVERE SYMPTOMS

200 mg. (2 [50 mg.] capsules – 2 times) per day

CHRONIC SYMPTOMS

400 mg. (4 [50 mg.] capsules – 2 times) per day

DEGENERATIVE CONDITIONS

600 mg. (4 [50 mg.] capsules – 3 times) per day

LARREA TRIDENTATA

How Much? For What?

Every organ of the body has a corresponding season of the year, element, taste, etc. Each organ in the body processes and transmits different emotions.

Excessive negative emotions transmitted from a specific organ can indicate and contribute to toxic waste accumulation in that organ, thereby creating a perfect breeding ground for parasites and viral infections.

The following is a list of organs and glands, their corresponding season, element, taste, emotional signs of toxicity and the mild, severe, chronic and degenerative physical symptoms and conditions that emotional toxicity and viral infection may create.

THE LIVER AND GALL BLADDER

SEASON: Spring

ELEMENT: Wood

TASTE: Sour

EMOTIONAL SIGNS OF TOXICITY:

- Anger
- Animosity
- Impatience
- Pessimism
- Remorse
- Resentment
- Sensitivity
- Shouting

These negative, toxic emotions and viral infections in the Liver and Gall bladder affect the blood, eyes, sight, tissues, muscles, ligaments, finger and toe nails, the brain and nervous systems and, of course, the Liver and Gall Bladder, resulting in:

MILD SYMPTOMS

100 mg. (2 [50 mg.] capsules) per day

- Anxiety
- Blurred vision
- Canker sores
- Cold sores
- Eczema
- Fever blisters
- Nervousness
- Procrastination
- Sore muscles

SEVERE SYMPTOMS

200 mg. (2 [50 mg.] capsules – 2 times) per day

- Anemia
- Avoidance (unfinished business)
- Conjunctivitis (Pink Eye)
- Finger- and Toe- nail fungus
- Jaundice
- Muscle spasms
- Nervous Disorders
 - ADD (Attention-Deficit Disorders)
 - Headaches
 - Numbness
 - Stress
 - Tension
- Psoriasis
- Tough, wrinkled skin and lips
- Weak muscles

CHRONIC SYMPTOMS

400 mg. (4 [50 mg.] capsules – 2 times) per day

- Autism
- Hepatitis
- Lupus
- Migraine headaches
- Shingles

DEGENERATIVE CONDITIONS

600 mg. (4 [50 mg.] capsules – 3 times) per day

- Alzheimer's disease
- Parkinson's disease
- Cancer of the Liver or Gall Bladder
- Leukemia (Cancer of the Blood)
- MS (Multiple Sclerosis)
- MD (Muscular Dystrophy)
- Multiple Myeloma
- Optic nerve degeneration

THE HEART AND SMALL INTESTINES

SEASON: Summer

ELEMENT: Fire

TASTE: Bitter

EMOTIONAL SIGNS OF TOXICITY:

- Bitterness
- Emotional ups and downs
- Envy
- Excessive talking and laughter
- Hate

These negative, toxic emotions and viral infections in the Heart and Small intestines affect the tongue, speech, arteries, blood vessels, capillaries, complexion and, of course, the Heart and Small Intestines, resulting in:

MILD SYMPTOMS

100 mg. (2 [50 mg.] capsules) per day

- Excessive perspiration
- Lack of perspiration
- Night sweats

SEVERE SYMPTOMS

200 mg. (2 [50 mg.] capsules – 2 times) per day

- Loss of bodily hair
- Mouth and tongue ulcers
- Poor circulation

CHRONIC SYMPTOMS

400 mg. (4 [50 mg.] capsules – 2 times) per day

- Heart disease
- Rheumatic heart disease

DEGENERATIVE CONDITIONS

600 mg. (4 [50 mg.] capsules – 3 times) per day

- Heart attack

THE PANCREAS, SPLEEN AND STOMACH

SEASON: Late Summer

ELEMENT: Earth

TASTE: Sweet

EMOTIONAL SIGNS OF TOXICITY

- Mistrust
- Over-thinking
- Suspicion
- Worry

These negative, toxic emotions and viral infections in the Pancreas, Spleen (Lymphatic System) and Stomach affect the mouth, taste, flesh, muscles, lips, breast and, of course, the Pancreas, Spleen (Lymphatic System) and Stomach, resulting in:

MILD SYMPTOMS

100 mg. (2 [50 mg.] capsules) per day

- Gas and flatulence
- Low-energy
- Tiredness

SEVERE SYMPTOMS

200 mg. (2 [50 mg.] capsules – 2 times) per day

- Abscess
- Aching teeth and bones
- Boils
- Cysts

- Fever
- Frequent burping
- Heavy limbs
- Loss of head hair
- Measles
- Mumps
- Overweight
- Stiffness in neck and shoulders

CHRONIC SYMPTOMS

400 mg. (4 [50 mg.] capsules – 2 times) per day

- Aching teeth and bones
- Blocked (Infection of the) Fallopian Tubes
- Candida
- Chickenpox
- Chronic Fatigue Syndrome
- Diabetes
- Endometriosis
- Epstein-Barr
- Fibroid Tumors
- Fibromyalgia
- Gonorrhea
- Infection
- Mononucleosis
- Obesity
- Ulcers

DEGENERATIVE CONDITIONS

600 mg. (4 [50 mg.] capsules – 3 times) per day

- Breast Cancer
- Cancer of the Lymph Nodes (Lymphoma)
- Cancer of the Mouth
- Cancer of the Spleen
- Cervical and Uterine Cancer
- Gangrene
- Hodgkin's Disease

- Ovarian Cancer
- Pancreatic Cancer
- Prostate Cancer
- Stomach Cancer

THE LUNGS AND LARGE INTESTINES (COLON)

SEASON: Autumn

ELEMENT: Air and Metal

TASTE: Pungent

EMOTIONAL SIGNS OF TOXICITY

- Anguish
- Crying
- Depression
- Grief
- Helplessness
- Sadness

These negative, toxic emotions and viral infections in the Lungs and Colon affect the nose, sense of smell, sinus, mucous membranes, skin, breath, bodily hair and, of course, the Lungs and Colon, resulting in:

MILD SYMPTOMS

100 mg. (2 [50 mg.] capsules) per day

- Gas and Flatulence
- Intestinal Parasites

SEVERE SYMPTOMS

200 mg. (2 [50 mg.] capsules – 2 times) per day

- Allergies
- Cold
- Constipation

- Cough
- Diarrhea
- Diverticulitis
- Hay Fever
- Hemorrhoids
- Manic Depression
- Polyps
- Postnasal drip
- Skin Problems
 - Acne
 - Eczema
 - Psoriasis
 - Shingles
- Wheezing

CHRONIC SYMPTOMS

400 mg. (4 [50 mg.] capsules – 2 times) per day

- Asthma
- Bronchitis
- Chronic Constipation
- Crohn’s Disease
- Flu
- Irritable Bowel Syndrome
- Pneumonia
- Skin Problems with bleeding or pus
- Upper Respiratory Infection

DEGENERATIVE CONDITIONS

600 mg. (4 [50 mg.] capsules – 3 times) per day

- AIDS (Affects the Spleen, Lymphatic and Blood)
- Colon Cancer
- HIV
- Lung Cancer
- Skin Cancer
- Tuberculosis (TB)

THE KIDNEYS AND BLADDER

SEASON: Winter

ELEMENT: Water

TASTE: Salty

EMOTIONAL SIGNS OF TOXICITY:

- Fear
- Insecurity
- Terror

These negative, toxic emotions and viral infections in the Kidneys and Bladder affect the ears, sense of hearing, teeth, bones, head hair and, of course, the Kidneys and Bladder, resulting in:

MILD SYMPTOMS

100 mg. (2 [50 mg.] capsules) per day

- Dandruff
- Fatigue
- Lack of confidence
- Night Sweating

SEVERE SYMPTOMS

200 mg. (2 [50 mg.] capsules – 2 times) per day

- Bedwetting
- Ear Infection
- Edema
- Frequent Urination
- Infertility
- Paranoia
- Poor Hearing
- Stiffness
- Tooth and gum disease
 - Abscess
 - Gingivitis

- Periodontal disease
- Tooth decay

CHRONIC SYMPTOMS

400 mg. (4 [50 mg.] capsules – 2 times) per day

- Aching Bones and Joints
- Arthritis
- Backache
- Bone Break or Fracture
- Carpal Tunnel Syndrome
- Fibromyalgia
- Gout
- Lupus
- Lyme's Disease
- Rheumatic Fever
- Scoliosis
- Slipped Disk

DEGENERATIVE CONDITIONS

600 mg. (4 [50 mg.] capsules – 3 times) per day

- Bone Cancer
- Cancer of the Bladder
- Cancer of the Kidney(s)
- Disk Degeneration
- Rheumatoid Arthritis

REPRODUCTIVE DISORDERS

MILD SYMPTOMS

100 mg. (2 [50 mg.] capsules) per day

- Jock Itch
- Vaginal Dryness
- Vaginal Itching

SEVERE SYMPTOMS

200 mg. (2 [50 mg.] capsules – 2 times) per day

- Candida
- Genital Herpes
- Menstrual Cramps
- Urinary Tract Infection
- Vaginal Discharge
- Vaginitis
- Yeast Infection

CHRONIC SYMPTOMS

400 mg. (4 [50 mg.] capsules – 2 times) per day

- Endometriosis
- Fibroids
- Genital Herpes
- Gonorrhea
- Lyme's Disease
- Swollen, Enlarged Prostate

DEGENERATIVE CONDITIONS

600 mg. (4 [50 mg.] capsules – 3 times) per day

- Cervical and Uterine Cancer
- Ovarian Cancer
- Prostate Cancer
- Syphilis

SKIN AND SCALP DISORDERS

There are 7 systems of elimination, the skin being the largest:

1. Bladder
2. Colon
3. Kidneys
4. Liver
5. Lungs

6. Lymphatic
7. Skin

If threat from toxic blood becomes too severe, the body will eliminate toxins through the pores of the skin, resulting in skin dis-orders; i.e. acne, pimples, rashes, boils, cysts, abcesses etc.

MILD SYMPTOMS

100 mg. (2 [50 mg.] capsules) per day

- Acne
- Baldness
- Rashes
- Dandruff

SEVERE SYMPTOMS

200 mg. (2 [50 mg.] capsules – 2 times) per day

- Abscess
- Boils
- Cold Sores
- Fever Blisters
- Cysts
- Eczema
- Head Lice
- Rashes

CHRONIC SYMPTOMS

400 mg. (4 [50 mg.] capsules – 2 times) per day

- Bed Sores
- Psoriasis
- Rashes
- Shingles

DEGENERATIVE CONDITIONS

600 mg. (4 [50 mg.] capsules – 3 times) per day

- Skin Cancer

TOPICAL APPLICATION OF LARREA TRIDENTATA

For skin and scalp disorders, apply Larrea tridentata in spray and lotion form as follows:

MILD SYMPTOMS

100 mg. (2 [50 mg.] capsules) per day

- Itchy skin, scalp rash/conditions
 - Apply spray or lotion on affected area

SEVERE SYMPTOMS

200 mg. (2 [50 mg.] capsules – 2 times) per day

- Crack, itchy skin, scalp rash/conditions
 - Apply lotion on affected area twice daily and as needed to relieve symptoms

CHRONIC OR DEGENERATIVE CONDITIONS

600 mg. (4 [50 mg.] capsules – 3 times) per day

- Burns, scrapes, cuts, bleeding, pus or oozing skin, scalp rash/conditions
 - Apply lotion on affected area liberally and frequently throughout the day, every 2 to 3 hours as needed

VIRAL OUTBREAK HEALING CRISIS: HOW TO USE LARREA TRIDENTATA

When healing efforts reach a crisis – take it as a healthy sign or indication of your need to stop and give special attention to your mental, emotional and physical well-being. Resolve to do the emotional healing work. Commit time to relax and reflect, release and renew, recharge and redirect your mental, emotional and physical efforts.

Open all channels of elimination, starting with your consciousness and commencing with the seven physical channels of elimination –

1. Bladder
2. Colon
3. Kidneys
4. Liver
5. Lungs
6. Lymph Nodes
7. Skin

The systems of elimination act as filters. When the *filters* or over-worked, over-loaded or malfunctioning, the body may dump toxic waste out of the blood through the skin, scalp and/or the orifices (ears, nose, throat, anus, vagina, penis).

The accumulation of toxins, including viral conditions, manifest as symptoms that trigger the body's cleansing reaction. This cleansing effect is often erroneously labeled and rejected as dis-cord, dis-stress, dis-order, dis-comfort and dis-ease.

This dumping of toxins and viral outbreaks out of the tissues and cells of the organism may increase or decrease depending on individual circumstances and stress factors (emotional equilibrium, age, weather conditions, health of the immune system, physiological occurrences [scoliosis, strain, sprain, break, cut, burn, etc.], surgical procedures, radiation, chemo-therapy, etc.).

The following applications may prove beneficial in your efforts to speed or expedite deep tissue cleansing and minimize the length of time and the severity of symptomatic outbreaks.

HEAT THERAPIES: SWEAT IT OUT

Heat therapies allow the organism to open and flush-out toxins and viral conditions that may be buried deep within the cells, tissues and cavities (joints and bones) of the body.

Wherever possible apply and use the Larrea tridentata in a manner that will allow it to penetrate and saturate the body from within-out. Added to hot stones, as in a sauna, steam room or sweat lodge, the vapors combined with the heat, help to drive toxins and viruses out of the body in the form of perspiration.

- Heat Pad
- Hot Springs
- Hot Stone Massage
- Hot Tub
- Sauna
- Steam Room
- Sweat Lodge

HYDROTHERAPY (WATER TREATMENTS)

The following applications of *Larrea tridentata* in tea form may prove helpful in expediting the elimination of toxins and viral conditions and lessening the length of time and degree of discomfort of symptomatic flare-up.

- Colonic
- Cyst Bath
- Douche
- Enema
- Herbal Cleansers
- Herbal Laxatives
- Swimming (avoid chlorinated waters)
 - Sea Baths (the salty ocean water does wonders to arrest and relieve skin discomforts caused by viruses)
- Tea (add cayenne pepper, lemon and/or ginger root for deep tissue penetration of the *Larrea tridentata* herbal and drink as a tea)

ESSENTIAL OIL

Use the *Larrea tridentata* in spray form as an essential oil. Add to:

- Diffusers
- Inhalers (spray *Larrea tridentata* on a cotton ball, pinch one nostril closed, inhale the *Larrea* through the other nostril, then reverse, apply what remains on the cotton ball around the nose and sinus area)
- Massage Oils
- Vaporizers

VAGINAL LUBRICANT

Apply the *Larrea tridentata* in cream or lotion form to the vaginal area and/or lubricate the penis before

sexual intercourse (this application is not intended to act as a contraceptive or replacement for “safe sex”).

PROTECT AND HEAL SENSITIVE SKIN

The following applications of the *Larrea tridentata* may help protect and heal sensitive skin areas.

- Create a *Larrea tridentata* *cleansing gel* (add the *Larrea tridentata* in spray form to your bath and shower gel for an intensely invigorating and deeply beneficial bathing experience)
- Create a *Larrea tridentata* *skin patch* (spray a cotton gauze with *Larrea tridentata* [saturate the gauze significantly without creating drips] place the gauze over an area of skin where vigilant healing attention is needed. If the skin is broken, cut or an open sore, apply the *Larrea tridentata* in cream or lotion form directly on the skin area before applying the “patch.”)

SKIN BRUSHING

Support your lymphatic system’s effort to remove toxins from the blood and body. Toxins and viral conditions filtered by the lymphatic system may accumulate in the lymph nodes and ooze out of the skin as rashes, bumps, cysts, boils, abscesses, pus, sores, etc. Use a loofa brush or a natural fiber skin brush to facilitate rapid elimination of toxins and viral conditions through the skin. Brush in small circular motions, always towards the heart.

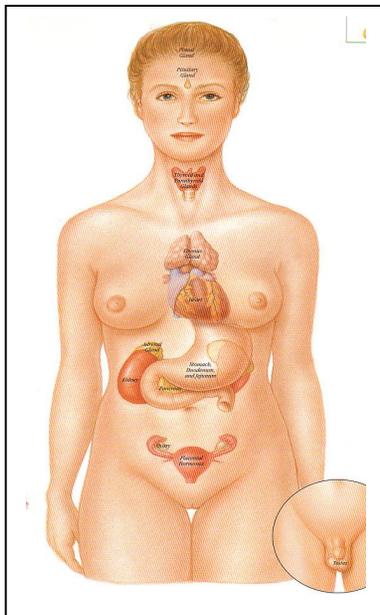
If the skin is too sensitive or damaged for an abrasive exfoliation therapy such as skin brushing,

try using one of the *heat therapies* mentioned above.

GREATER ADAPTABILITY

The 7 glands of the body are the 7 chakras of the East and the 7 seals of the book of Revelation. Glands produce hormones and help us adapt to our ever-changing environment. Herbs provide us with a means of releasing virulent toxins from our body and sending them back into the earth.

With every application of the *Larrea tridentata* seek to eradicate toxins and viral infections from the glands of the body. Spray the area of the 7 glands daily. The chart below indicates the location of the 7 glands in the body. (Photo taken from *The World's Best Anatomical Charts*, Anatomical Chart Company, Skokie, IL, pg 10)



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Television and Radio Show Hostess
Columnist and Author
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Certified Nutritional Consultant
Certified Aerobic / Exercise Instructor
Vegetarian & Ancestral Macrobiotic Cooking
Instructor
Entrepreneur and Business Developer

Subjects Studied Include:

- Wholistic Healing
- Reflexology
- Massage
- Acupressure
- Aromatherapy
- Herbology
- Homeopathy
- (Ancestral) Macrobiotic Diet
- Diet and Nutrition
- Colon Therapy & Colon Irrigation
- Iridology
- Color Healing
- Crystal Healing
- Bioenergetics
- Meditation
- Visualization (Guided Imagery)

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Something really Worth While looking into:

"SHEGOI" "The Mother of All Plants"

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Thank you, Blessings
Keth Luke & Jan Carter, Ministers & Spiritual Healers

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