

LICORICE ROOT

What is Licorice Root?

Licorice is the root of *Glycyrrhiza glabra* from which a somewhat sweet flavor can be extracted. This is between 30 to 50 times as sweet as sucrose.

NOTE: This is not licorice candy but the root of a plant.

The Benefits of Licorice Root

- Licorice is soothing to the mucus membranes, for coughs and colds, inflammation of the respiratory tract, for hoarseness, laryngitis, wheezing, laboured breathing and most bronchial conditions.
- It is a mild laxative and is a anti-inflammatory for treatment of inflamed intestinal and urinary tracts, including hemorrhoids.
- It has a cortisone-like action which accelerates the healing of chronic gastric ulcers.
- It contains natural precursors for the production of adrenal hormones, and mimics the hormone aldosterone. It actually **feeds and rebuilds the adrenal glands**. Stress causes the adrenals to be overworked. The adrenals need to be nourished around every five hours. Empty calories do not nourish them. Dark circles under the eyes reveal how much vitality is in the adrenals and kidneys. Licorice root provides a lift to the adrenals and can sustain an individual's stamina without having to eat a large meal. (Hypoglycemia and hyperglycemia involve the breakdown of the adrenal glands as well as the pancreas.)
- Chewing licorice root sticks quench the thirst and appetite, reduces desire to smoke tobacco and consume alcohol.
- It helps night shift workers, keeping them awake without side effects. Do not take a night time if you want to sleep.
- Gives energy, builds endurance, alleviates low blood pressure, boosts our immune system, enhances the function of the liver, soothes inflamed arthritic joints, strengthens the female reproductive system and applied topically it helps with eczema.

Caution: Do not use if you have high blood pressure.

Dosage: ½ to 1 cup licorice root powder per day. Mix it in water or juice.