



LICORICE (*glycyrrhize glabra*)

Common Uses

Japanese research shows that glycyrrhizin (the key constituent in licorice) is an effective treatment of chronic hepatitis and liver cirrhosis. Licorice reduces stomach secretions and produces a thick mucous that can protect the lining of the stomach. Licorices anti-inflammatory ability makes it very effective in a wide range of conditions. I have used licorice very effectively to treat the chronic cough of bronchitis. On a non-medicinal note, licorice root is 50 times sweeter than sugar.

Precautions

Do not take licorice if you are anemic or pregnant. Taking more than 50g of licorice root per day can elevate blood pressure, lower potassium levels, and cause water retention. Steer clear of licorice if you have hypertension, kidney problems, liver problems, diabetes or heart disease. When you take licorice, stick with a whole herb supplement, not isolated extracts of the glycyrrhizin component.

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.

