

QUICK REFERENCE SHEET

LICORICE ROOT

Glycyrrhiza glabra



Part Utilized:
Root

PROPERTIES:

Expectorant and Demulcent together, Stimulant, Convalescent, Immune Support, Hormone Balancing, Nervine, Mild Cathartic, Tonic (general, hormonal, immune)

SYSTEMS AFFECTED:

Circulatory, Immune, Glandular, Lymphatic, Digestive

POSSIBLE USES:

pneumonia, blood sugar issues, adrenal tonic, asthma, coughs, diabetes, diarrhea, nausea, ulcers



INGREDIENT IN:

AD, AL, AP, BRON, CAC, CF, FC, FS, LB, LIC, MW, PHB, RC, RC-L, WC

GENERAL INFORMATION:

Licorice Root is one of the most overlooked of herbal remedies which is very sad because Licorice is beneficial for so many body systems and brings relief from so many ailments. First, it is an excellent alternative to St. John's Wort and contains many anti-depressant compounds.

Literally hundreds of potential healing substances have been identified in Licorice. One of the herb's key therapeutic compounds, glycyrrhizin, is 50 times sweeter than sugar and seems to prevent the breakdown of adrenal hormones such as cortisol. Cortisol is the body's primary stress-fighting adrenal hormone. Slowing the metabolism of cortisol makes these hormones more available to the body.

Licorice has a well-documented reputation for healing ulcers, lowering stomach acid levels, relieving heartburn and indigestion, and acts as a mild laxative. It is also used for irritation, inflammation, and spasm in the digestive tract, and has a beneficial action on the liver by increasing bile flow.

Licorice appears to enhance immunity by boosting levels of interferon, a key immune chemical that fights off viruses. Licorice also contains powerful antioxidants and certain phytoestrogens that can perform some of the functions of the body's natural estrogens, making it very helpful during menopause, and for relieving the symptoms of PMS. There has been no real evidence that these natural estrogens go to work in the body at any time except when there is a shortage of natural estrogens and the body needs additional estrogen. Man-made, chemically "identical" (NOT EVER) hormones are indiscriminate and increase estrogen levels, often to unsafe highs.

Licorice is helpful in relieving fevers and soothing pain from things such as headaches. It is possible that, because of its action on the adrenal glands, Licorice raises the body's ability to handle stress. This would be true whether the stress was physical or emotional. Chronic fatigue syndrome responds well to treatment with Licorice Root. Licorice protects and heals the liver, and Licorice is effective against the virus most commonly responsible for hepatitis.

Licorice is contraindicated for certain types of heart problems. If Licorice increases your heart rate every time you use it, you probably shouldn't be using it.