

Glycyrrhiza glabra
Family: *Leguminosae* – beans and peas
Parts Used: root

Licorice root is 50 times sweeter than sugar and makes a great addition to tea blends for a natural sweetener. It is generally used as part of a formula with other herbs.

Properties

Anti-viral, anticancer, antimicrobial, anti-inflammatory, antispasmodic, antihepatotoxic, aperient, cathartic, demulcent, emollient, expectorant, laxative, tonic.

Energetics: warming, moistening
Systems Affected: blood, lungs, immune, general affects over the entire body

Uses

- Soothes and heals all the mucus membranes in the body systems, including respiratory and intestinal tract.
- Cough, cold, sore throat
- Respiratory issues of all kinds including asthma, bronchitis, croup, cough, etc.
- Stimulates and regulates the adrenal glands and pancreas.
- Tones and strengthens the endocrine system, helping to produce hormones.
- Strengthens nerves
- Blood cleansing, strengthen and support heart and circulatory systems.
- Reduce and balance blood sugar
- Weak pulse and/or palpitations
- Digestive issues; heartburn, acidity, intestinal infections, constipation, etc.
- Ulcers
- Glandular system support
- Boosts immune system
- Skin conditions that are inflamed and weepy (Apply topically)
- Detoxing
- Hemorrhoids
- Alleviates thirst
- One of the top herbs used in Chinese medicine. Known as a “guide herb”, directing other herbs to the area of the body where they are most needed.

Methods of Use:

- Tea (prepare as a decoction)
- Tincture
- Honey, syrup
- Powdered, capsules, pills
- Herbal oil
- Salve, ointment, cream
- Chew on the root

Safety

Extremely high doses can cause nausea, vomiting, and heart rate irregularity in certain people. If there is a history of heart conditions, use under the care of a health care practitioner. Some herbalists suggest not taking during pregnancy.