Licorice
Description
Licorice
Licorice root (black, red is anise) may help stop:
gastrointestinal problems like peptic ulcers, heartburn, reflux, mouth sores, throat pain & infections, functional dyspepsia (FD) abdominal discomfort, candida, leaky gut, nausea upper respiratory bacterial & viral infections, coughing
asthma & COPD
eczema & acne when used topically
diabetes
menopausal symptoms including hot flashes
constipation

stress
Licorice root may help:
weightloss
Adverse effects
Large amounts or long term use may increase blood pressure possibly by reducing potassium. Supplemental potassium including in vegetables may help prevent the adverse effects.  healthline.com/nutrition/licorice-root#benefits
verywellhealth.com/the-benefits-of-licorice-root-89727
draxe.com/wp-content/uploads/2015/06/LicoriceBenefits.jpg
Category
1. Uncategorized
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biggs