

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](https://www.healthline.com/nutrition/licorice-root#benefits)

[verywellhealth.com/the-benefits-of-licorice-root-89727](https://www.verywellhealth.com/the-benefits-of-licorice-root-89727)

[draxe.com/wp-content/uploads/2015/06/LicoriceBenefits.jpg](https://www.draxe.com/wp-content/uploads/2015/06/LicoriceBenefits.jpg)

## Category

1. Uncategorized

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## Author

biggs