

Licorice

Botanical: Western – *Glycyrrhiza glabra*, *G. lepidota*. Eastern – *Glycyrrhiza uralensis*.
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Licorice is a wonderful tonic herb used in many remedies for its flavor enhancing qualities and antimicrobial effects. It also helps to strengthen and to support the lungs.

Western



Western Name: Licorice

Also Known As: Liquorice, Sweet Root

Main Systems: Lungs, Balance Blood, Support Immunity

Key Actions: Antiviral, Antimicrobial, Anti-inflammatory, Laxative, Antidiabetic, Antitumor, Anti-ulcer, Immune Enhancer

Key Medicinal Uses: Sore throats, menstrual cramps, weak post illness, helps lower high levels of fat in the bloodstream. Reduces blood sugar levels, mouthwash, promotes menses, relieves pain, improves appetite, diabetes, cancer, tumors, calming, stomach ulcers, protects the liver, constipation, psoriasis, eczema, acne.



BASIC HABITAT/BOTANY: Licorice is a herbaceous perennial plant in the bean family Fabaceae. It is a legume. (NOT related to anise, star anise, or fennel). It's flowers are long; purple to pale whitish blue and it's roots are stoloniferous.

Native to southern Europe, central Russia, India and parts of Asia. It is typically harvested in the Autumn two to three years after planting. It is now grown in China, inner Mongolia, Gansu, Xinjiang, and northeastern China.

KEY CONSTITUENTS: Glycyrrhizin, Triterpenoids, Liquiritigenin, Isoliquiritigenin, Liquiritin, Calcium, Magnesium, Flavonoids, Steroid hormones, Starch, Saccharose, Glucose, Coumarins, Choline, Progesterone-related substances.

PARTS MOST FREQUENTLY USED: Root, Rhizome

FLAVORS/TEMPS: Sweet, Neutral, Slightly Bitter (Pacific species can be very bitter)

CAUTION: Very low toxicity, considered safe when used as recommended. Inappropriately high doses of licorice can cause a drop in potassium levels that can lead to muscle weakness and heart rate irregularity issues.

HISTORY/FOLKLORE: Licorice root is very popular in Europe as a candy, with salt added to it in Scandinavia. In Italy, people enjoy it in its natural root form, while in Spain and Syria, it is a popular drink. It is the most widely used herb in Oriental medicine TCM and is second only to Ginseng in importance. Licorice is traditionally used to treat digestive disorders, respiratory infections, support the adrenal glands, endocrine system, and boost the immune system.

Eastern



Pin Yin: Gan Cao

Also Known As: Grandfather of Herbs, Great Adjunct

Main Meridians: All 12 meridians

Key Actions: Tonifies Qi, Tonifies the Spleen, Clears Heat, Relieves Toxicity, Moistens the Lungs, Stops cough

Key Medicinal Uses: Shortness of breath, weak pulse and/or palpitations, sore throat, bronchitis, food poisoning, respiratory infections, colds and flu, cough, wheezing, stomach aches, constipation, stomach ulcers, builds strength, stimulate appetite, improve concentration, cleanse Qi (Energy) and Blood (Xue), diabetes, lower blood lipid levels.

FUN FACT!



50x Sweeter Than Sugar

Glycyrrhizin is known to be 50 times sweeter than sugar with powerful cortisone-like effects that are almost identical to adrenal steroids.



Detox!

Chinese studies reveal licorice can help eliminate or neutralize 1,200 known toxins.



Tobacco Additive

Most tobaccos use licorice as an additive flavor and a moistening agent.

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