

Licorice Root (*Glycyrrhiza glabra*)

Other Common Names:

Sweet root.

Origin:

This licorice root species comes from the Mediterranean and Southwest Asia.

Origin description:

















This root teaches and encourages us to release all those things/people/situations in our life which no longer serve our highest good. For more than 3000 years this precious root has been used medicinally in China, India, Greece, Arabia and Egypt.

What's in it?

Flavonoids, saponins, glycosides and glycyrrhizin.

How does it work?

For more acute conditions the dose is 20-30 drops in water 2-3 times daily. For milder conditions the dose is 5 drops 5 times a day under tongue.

Problem	Women	Men
Low energy.		
Erratic blood sugar levels.		
Low adrenal gland functioning.		
Low blood pressure.		
Unbalanced hormones.		
Poor sleep patterns.		
Mood swings.		
Inflammation (i.e. asthma, arthritis, rheumatism).		
Stomach ulcers.	