

LICORICE—Reduces Stress, Soothes the GI Tract, and More!

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Licorice isn't really a weed in Montana, but it does grow like a weed in the warm areas of Europe, some Mediterranean islands, and parts of Asia, like Turkey and Persia. Although there are many varieties of this plant, there are only two varieties of *Glycyrrhiza glabra* that the pharma will use.

As mentioned, in the bottomlands of Turkey, it is considered an aggressive weed. In the early 1900s, large amounts of licorice were exported as a drug in the form of a paste from Smyrna and Sokia.

I am currently growing this herb, and I can see why they say it is an aggressive weed. I started it from seed last year in my greenhouse. I decided to transplant it to one side of my greenhouse last fall, since they grow up to five feet. In the spring, it didn't seem like it was growing, so I tilled along there to work the soil, thinking I would plant something else. To my surprise, the plant just sprang up! I ended up having eight vigorous licorice plants grow along that area.

Licorice is a soothing herb that can soften and cleanse the mucous membranes, especially in the respiratory tract. If you chew or suck on the wood—it tastes surprisingly good—it will increase the saliva and mucus, and the increased secretions act as emollients to the throat.

I know from experience because I would chew on a

licorice stick before my cross-country or track races in high school. Before the race, I honestly couldn't tell if it worked, but I felt like I had more stamina during the race. When



in my
greenhouse



licorice
flowers
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pods

I was close to the finish line, I could drum up that extra energy to sprint at the end, helping me to better my time and my place. I felt like I recovered quickly, too. I ended up being the top runner in my region, which in California, was an accomplishment! So, thank you, licorice!

Licorice is safe for children to use and is very effective for delicate or constipated children (or adults) because of its ability to soften, soothe, lubricate and

nourish the intestinal tract. Licorice is also healthful for the stomach, spleen, and liver. It will also heal any inflamed mucous membranes.

The chief active principle in licorice is a substance known as *glycyrrhizin* or

glycyrrhizic acid, which is 50 times sweeter than the sugar cane. While normal sugar will increase the thirst, licorice will alleviate the thirst! It also contains *phytosterols*, as well as substances similar to the adrenal cortical hormones that facilitate estrogen production. This makes licorice very important for treating adrenal insufficiency (often called *adrenal fatigue*, which comes about through overuse of caffeine and an over-accumulation of stress) and other glandular disorders. The therapeutic actions of the plant are: *demulcent* (i.e., having mucilaginous properties that are soothing and protective internally to irritated and inflamed surfaces and tissues), *expectorant*, *emollient*, *pectoral*, *aperient* (mild laxative), *stimulant*, and *sialagogue* (promotes the secretion or flow of saliva). That's a lot of actions!

There are many herbs that can interact with drugs and licorice is among these herbs.

It is always a good idea when taking any medications to check with your doctor to make sure you will not have any unwarranted reactions. Licorice can interact with Digoxin, loop diuretics, and thiazide diuretics. It is good to know that this herb can act favorably when on medications such as aspirin, etodolac, Ibuprofen, interferon, isoniazid, nabumetone, naproxen, and topical corticosteroids.

When licorice is grown, it prefers full sun and dry, alkaline soils, and it should be spaced 2–3 feet apart. Once established, the plants shoot up like a young willow thicket, 2–3 feet high. They will produce erect lilac flowers that give way to the smooth pods. The part used is the root, which can be harvested after 2 or 3 years of growth.

I use this amazing herb in about a third of my formulas such as KVA (“Keep Viruses Away”), TAP (“Thyroid, Adrenal, Pituitary”), Lower Bowel, and my Women’s Formula.



BOWENWORK CLASS IN HELENA

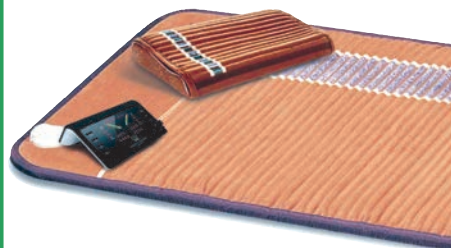
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KARIN TWOHIG has been an instructor for 20 years, and she will be coming to teach the class. The class consists of **Modules 1 and 2.** You can take one or both classes. They are 2 days each, starting on September 26th and ending on the 29th. Onsite housing is available on a first-come first-served basis.

The number of spots are limited and space is almost full, so contact me as soon as possible. It is also approved for continuing education credit. You can go to PositiveLifeChange.info to learn more about it, or you can go to the American Bowen Academy to sign up. Contact me if you have any questions or issues. ■



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