

QUESTION OF THE WEEK

**Q:** Is  
licorice  
good for  
digestion?

That's just one of its uses!

Black licorice (*glycyrrhiza glaba*) has long been used to treat ulcers — especially those caused by aspirin — and heartburn, as well as upper respiratory infections. Research has found it to be very effective against methicillin resistant staph aureus or MRSA.

However, like all good things, there are precautions. If you just like the taste of

**See LICORICE » D4**

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## Licorice

Continued from D1

licorice, buy a good quality that does not contain high fructose corn syrup. If you are using licorice

medicinally, it is best to purchase dyglycerated or DGL licorice chews from the health food store. Regular heavy use of licorice may cause high blood pressure and electrolyte imbalance. The deglycerated form

eliminates those risks.

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