

# Licorice Root Tea

## Ingredients

- 1 teaspoon dried licorice root (cut pieces)
- 1 cup water

## Instructions

1. Place licorice root in a saucepan with 1 cup water.
2. Bring to a boil, then reduce heat to simmer 10 minutes.
3. Strain into a cup and serve warm.

## Benefits

- Soothes sore throat and cough.
- Helps with indigestion and stomach lining protection.
- May reduce inflammation.

## Warnings

- Prolonged use can raise blood pressure and lower potassium.

- Not safe in large amounts for people with hypertension, heart disease, or kidney problems.
- Always consult your primary doctor before frequent use.