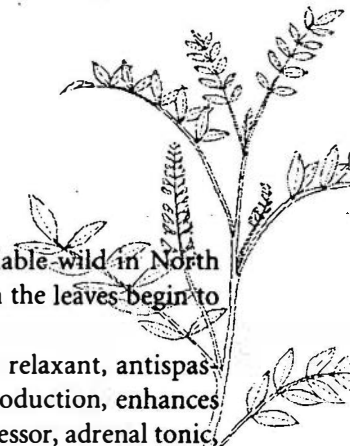
from pine bark is one of the strongest known. Furthermore, studies have shown that it powerfully activates the vitamin C in pine needles, a potent historical treatment for scurvy, a vitamin C deficiency disease. There is some evidence that the barks of other evergreen species also possess this same powerful antioxidant activity.



LICORICE *(Glycyrrhiza glabra)*

Family: Leguminosae.
Part used: The root.
Collection: Usually commercially grown, not available wild in North America. Usually picked in early spring or fall when the leaves begin to die back.
Actions: Antioxidant, antidiuretic, smooth muscle relaxant, antispasmodic, immunostimulant (stimulates interferon production, enhances antibody formation, stimulates phagocytosis, antistressor, adrenal tonic, thymus stimulant), antiulcer, anti-inflammatory, tumor inhibitor, free radical inhibitor, antihepatoxic, antimalarial, protects from effects of radiation exposure, gentle laxative, expectorant, demulcent, immunomodulator, antihyperglycemic, reduces gastric secretions, stimulates pancreatic secretions.
Active against: Malaria, tuberculosis, *Bacillus subtilis, Staphylococcus aureus, Streptococcus sobrinus, S. mutans, Salmonella typhimurium, Escherichia coli, Candida albicans, Vibrio cholera, Trichophyton mentagrophytes, T. rubrum, Toxocara canis.*

About Licorice

Licorice, made famous by the rubberoid candy of the same name (which these days may contain *no* licorice because of overdose problems), is a rather remarkable herb. Though I don't primarily think of licorice as an antibacterial herb, the list of organisms against which it is specific is comprehensive and well documented. Generally, it is an immune system stimulant that has impressive antibacterial activity and potentiates the action of other herbs. One distinct advantage of licorice is its sweetness. Fifty times sweeter than sugar, licorice, when used in herbal combinations, helps brighten the awful taste of some herbal formulations, making them