

Black Licorice Lowers Testosterone Levels

Posted by RoshYeshivasSon - 23 Aug 2013 18:17

Black licorice (or liquorice) contains GLYCYRRHIZIC ACID which, studies have shown, dramatically lowers testosterone levels. While long-term studies seem to be unavailable, it will definitely help you in the short term. It is not a panacea; you will still have urges; but it will help remove a little intensity from them. You can either buy it as a capsule from a health-food store (I find them in most drug stores) or you can buy black licorice treats if you like them (REAL black licorice, not twizzlers)

See this study

[medherb.com/Materia_Medica/Glycyrrhiza - Licorice root and testosterone.htm](http://medherb.com/Materia_Medica/Glycyrrhiza_-_Licorice_root_and_testosterone.htm)

and this article

www.livestrong.com/article/143786-how-does-licorice-root-help-lower-libido/

for kosher black licorice try "Darrell lea" licorice

WARNING: THE FDA RECOMMENDS THAT PEOPLE 40 AND OLDER SHOULD BE
CAUTIOUS ABOUT CONSUMING TOO MUCH BLACK LICORICE (SEE
abclocal.go.com/wabc/story?section=news/health&id=8413387)

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