

Over the counter medicine.

Posted by R76 - 18 Oct 2013 21:17

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I am currently taking

-- Licorice Root (480 mg) -- 2 to 3 capsules per day.

-- Valerian Root -- 4 capsules a day

Does anyone have any other suggestions.

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Re: Over the counter medicine.

Posted by tryingtoshteig - 18 Oct 2013 22:02

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My only suggestion is to not take **any** medicines or supplements unless it is under the supervision and guidance of a medical/mental professional (which I am not).

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Re: Over the counter medicine.

Posted by R76 - 18 Oct 2013 23:05

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My doctor told me that it is OK.

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Re: Over the counter medicine.

Posted by tryingtoshteig - 18 Oct 2013 23:10

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[R76 wrote:](#)

My doctor told me that it is OK.

So then I would suggest you direct the rest of your questions on this topic to him (or her), including dosages, the reason why you are taking the meds, and any additional meds that you might add to your regimen.

I can't figure out why you would ask these kinds of questions to a bunch of anonymous guys on an internet forum.

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Re: Over the counter medicine.  
Posted by R76 - 29 Oct 2013 23:43

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Having bronchitis, I have visited my doctor and he gave me a green light.

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Re: Over the counter medicine.  
Posted by R76 - 29 Dec 2013 08:57

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Licorice and Valerian do really work. But then I am 37 years old.

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Re: Over the counter medicine.  
Posted by R76 - 09 Feb 2014 09:34

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Believe it or not, as I am taking these medicines, staying away from m. is much easier then I thought.

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Re: Over the counter medicine.

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Posted by R76 - 25 Jul 2014 00:40

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The drawer in my table which contained adult magazines a year ago now contains Licorice Root.

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Re: Over the counter medicine.  
Posted by cordnoy - 25 Jul 2014 00:52

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I never had trouble with the magazines in the drawer; it were those out of the drawer that I struggled with.

Welcome back!

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Re: Over the counter medicine.  
Posted by R76 - 25 Jul 2014 01:47

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I had many magazines I bought over the counter -- now they all are gone. The same drawer contains Licorice Root. I hope to obtain menthol as well.

I found kosher menthol crystals for \$25/lb. How much can I take per day?

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Re: Over the counter medicine.  
Posted by cordnoy - 25 Jul 2014 03:45

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I used to alternate magazines every three or four days; then I'd start again.

Never weighed them though.

b'hatzlachah

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Re: Over the counter medicine.  
Posted by R76 - 27 Jul 2014 06:37

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Now I take 6 capsules per day.

I do commit sin but less then before. I have been free from that sin about 5 months.

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