FRUITS & VEGGIES

A Glass of Celery Juice Lowers Hypertension, Sugar Levels, and Arthritis and Gout Pain

By bestfolkmedicine · 17/06/2018 · 2 min read



Celery comes from the family of fennel and parsley and it is definitely one of the most versatile veggies because of its abundance with pivotal nutrients. Namely, its leaves contain vitamin A while the stems are rich in vitamins B1, B2, and B6, calcium, potassium, sodium, iron, magnesium, folate, phosphorus, and amino acids.

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What's more, it is highly recommendable to add it to your daily diet because of its ability to encourage bowel movements and what's more, cooking it will not reduce its nutritive value, as it is the case with many other foods.

The Health Benefits of Celery

Regulates the blood pressure

Celery contains organic sodium which has the power to decrease the blood pressure. The phtalides in celery relax the arterial muscles, spread the vessels, and enhance the blood flow. Drink celery juice for a period of 7 days and then make a 3-week pause before you start drinking it again.

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Good for athletes

Because it contains minerals, celery juice can be of great aid after a strenous workout because it will compensate for the lost electrolytes and rehydrate the whole body.

Encourages weight loss

Did you know that celery juice averts cravings for sweet foods? Drink it throughout the day to achieve this effect.

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Breaks down urinary stones

Its powerful diuretic characteristics will help you remove urinary stones easier.

Improves kidney functioning

Celery can trigger the removal of toxins from the body and thus, it will better the kidney's functioning and prevent kidney stones.

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Calms down the nervous system

If you suffer from insomnia, celery juice can be your cure! It has organic alkaline mineral that have a soothing and calming influence on the nervous system.

Reduces the chance for cancer

The phytochemical coumarins in celery are able to avert colon and stomach cancer.

Treats constipation

The laxative properties of celery are great in treating constipation by relaxing the nerves.

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Normalizes the body temperature

Celery juice is an excellent beverage for hot days. Drink 2 to 3 glasses of it between meals for optimal effect.

Beneficial against inflammation

Polyacetylene, found in celery, will bring relief from bronchitis, asthma, gout, and arthritis.

Balances the body's pH

The minerals in celery are able to neutralize excessive acidity and thus, regulate the body's pH.

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Additional Tips for Celery

The greener, the better

The ribs need to be firm, not limp

Wrap it in a plastic bag or a sealable container and keep it in the fridge

Never leave it at room temperature because it wil wilt

Wilted celery should be sprayed with water and placed in the fridge

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