HEALTHY TIPS

The Cilantro Cleanse: Eliminate Pesticides, Insecticides, Solvents, Chemicals, and Heavy Metals

By bestfolkmedicine · 14/07/2018 · 2 min read



Cilantro essential oil is steam which is distilled from the leaves of the Cilantro plant. This oil binds to toxins and thus, it removes them from the body. The oil is also rich in antioxidants and it is great for expulsion of heavy metals from the system. Cilantro essential oil is considered to be the perfect cleansing element for the liver, colon, lungs, skin, and kidneys.

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Other Benefits of Cilantro Essential Oil

Betters the Health of the Heart

This oil contains vitamins, antioxidants, and fiber so it can reduce bad cholesterol by breaking down the accumulated amount of cholesterol in the arteries.

Cleanses the whole body

As it has the power to eliminate toxins and heavy metals from the cells and organs, cilantro essential oil can be a great way to detox the body.

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Betters the digestion

Cilantro essential oil is known to stimulate the production of digestive enzymes, but it also has fiber which is necessary for a proper digestion. This is why cilantro essential oil is highly beneficial against upset stomachs.

It can treat anxiety

Since it is rich in vitamins B, this oil can help you relax, calm down the nerves, and lower anxiety. Juices with cucumber and cilantro are the perfect drink for fighting off stress.

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Lowers the oxidative stress

As previously mentioned, this oil has antioxidative properties which protect the body's cells from free radicals. They are the main contributor to the aging process.

Cilantro Detox Bath

Soaking in bathwater with cilantro essential oil is one of the best methods to remove pesticides, heavy metals, chemicals, and other waste from the body.

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To achieve this, you will need half a cup of Epsom salt, 1/8 cup of apple cider vinegar, and 7 drops of cilantro essential oil. Then, in an empty tub, mix the essential and carrier oil (for example, coconut oil) and then add the Epsom salt. Afterwards, fill the tub with warm water and then gradually pour the apple cider vinegar. Soak for 20 to 30 minutes.

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