HOME

Help Control Blood Pressure & Eliminate Breath Odour with this Parsley & Pear Juice

By bestfolkmedicine · 13/05/2020 · 2 min read

Parsley is much more than the regular garnish we use- it turns out it's a very beneficial herb. With this in mind, today, we decided to present you a recipe for a stunning parsley and pear juice that's highly nourishing and healing for the body.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });
It helps you naturally manage the blood pressure, reduce hair loss, remove bad breath, lower inflammation, and cleanse the blood.

This beverage is beneficial because of the folic acid present in parsley that is highly beneficial in dissolving the homocysteine- an amino acid which damages the arterial inner walls.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });
This further causes higher blood pressure and consequently, increases the risk of heart attacks and strokes.

Interestingly, parsley is also a natural deodorizer because it's abundant in chlorophyll- a substance with potent antibacterial characteristics.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });
Come on, let's check out the recipe-you only need a couple of ingredients and it's so simple to make!

Parsley & Pear Nourishing Beverage

You'll need the following ingredients:

A bunch of parsley, flat or curly

4 pears, medium-sized

A cucumber

3 celery stalks

A lemon, peeled

Preparation:

Put all of the ingredients in a juicer and juice them. Drink the beverage right away for optimal benefits and enjoyment!

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

The Health Benefits of the Ingredients

Parsley

- Free of cholesterol
- Abundant in antioxidants, fiber, vitamins, and minerals
- Reduces risk of constipation
- Rich in essential volatile oils
- Excellent natural teeth and gum antiseptic

Pear

- Abundant in fiber, vitamins, and minerals
- Helps regulate the blood pressure
- Good for strong bones
- Important for blood clotting
- Low in fat, great for people who want to shed pounds

Cucumbers

- Rich in nutrients
- Abundant in antioxidants
- Boosts the hydration

- Encourages weight loss
- Promote regular bowel movement
- Hydrates

Celery

- Contains flavonoids
- 12 different antioxidants in one stalk
- Rich in phytonutrients
- Lowers inflammation in the digestive tract and organs
- Steady on the blood pressure
- Alkalizing effect

Lemon

- Averts asthma
- Boosts iron absorption
- Balances the blood pressure
- Helps with weight loss
- Strengthens the immunity
- Helps you keep a healthy complexion

Sources:

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