

# "Benefits of Celery and Celery Seeds!" by Tessa Jupp RN OAM

Celery is native to the Mediterranean, where its seeds were once highly valued as a medicine. We are used to eating the stalks but all parts of the plant can be eaten, incl the leaves.

**Celery seeds** are available in **health food shops** at a reasonable price and can be used in many aspect of the diet - **add to salads, coleslaw, soups, stews and casseroles, meat loaf, potato salad, rice dishes**, anything that needs seasoning. Gives a celery taste to food dishes and is really good for you too. **Celery seed is more concentrated.**

**Available as a supplement.** Take 1 capsule/day for health issues as below.

## PARASITE DESTROYER

Celery and celery seeds are another food that contains natural **anti-fungal** and **antimicrobial** agents that destroy parasites. Due to its antibacterial, antifungal and **mosquito repellent** properties, **celery seed oil** is used in the manufacturing of disinfectants, antiseptic creams and lotions, mosquito repellent creams, soaps and perfumes.

More recently, scientists have been evaluating the most powerful healing factor of celery—a compound known as 3-nbutylphthalide, or **3nB**.

**3nB** works **similar to calcium-channel blocking drugs** that are used for high blood pressure (BP) and also has a profound effect on many of the body's control systems—chiefly the prostaglandin system.

**Prostaglandins** are chemicals that control many important body processes, including **regulating inflammation, pain and swelling, blood pressure and heart, digestive and kidney function.**

Some of the effects noted for 3nB on the prostaglandin system are quite unique. Rather than simply inhibiting the production of prostaglandins by blocking enzymes that produce them—which is what aspirin or the more expensive and selective Cox-2 inhibitors do—**3nB appears to help restore balance in the prostaglandin system.**

## REDUCING CHOLESTEROL

Regular consumption of celery is effective in reducing high cholesterol. 3nB has a lipid-lowering effect. Taking celery supplements can **reduce lipoprotein cholesterol**, total cholesterol and triglyceride concentration.

## HELPS BLOOD PRESSURE/ SWOLLEN FEET

Helps regulate blood pressure: As a **natural diuretic**, celery seeds may benefit patients with high blood pressure by **speeding up salt excretion**. High levels of salt in the blood can cause fluid buildup in the blood vessels, causing high blood pressure. Celery seeds are a natural and safer **alternative to artificial diuretics** or water pills that are usually prescribed by doctors.



A recent study by Dr Ken Shafer from the Cleveland Clinic in Ohio shows that celery also contains a phytochemical called phthalides. "This extract NBP (**3nB**) **relaxes** the tissues of the **artery walls** to increase blood flow and reduce blood pressure. Celery alone won't bring down your BP." Dr Shafer says. "Eating the whole food is better. Celery stalk salt content is low, and you also get fiber, **magnesium and potassium** to help regulate your blood pressure. To get the benefit, you should **eat** roughly 4 stalks – **one cup chopped – of celery daily**," Dr Shafer recommends. "By eating vegetables, fruits, whole grains, seeds and nuts you get the potassium, calcium, magnesium, fibre, protein and limited sodium needed to control your BP. You should also restrict sweets and sugary beverages."

## ARTHRITIS & GOUT

Celery alleviates inflammation in gout and arthritis: Celery seeds are said to contain about 20 anti-inflammatory agents, which can **help alleviate pain** and discomfort from gout and arthritis.

## MUSCLE CRAMPS & SPASMS

Celery reduces muscle spasms: The anti-inflammatory properties in celery seeds can help **reduce muscle spasms and cramps.**

## ULCERS & KIDNEYS

Regular consumption of celery can help prevent and treat painful ulcers. A special type of ethanol extract in celery is effective in **preventing** the formation of **ulcers in the lining of the digestive tract**. Celery contains tannins, flavonoids, alkaloids and volatile oils that are beneficial chemical constituents in celery. These chemical constituents have the ability to **nourish the colon, stomach, and intestines**. Also contains antiseptic properties. In addition to its diuretic properties, **celery seeds** also have antiseptic components that can help **relieve or prevent urinary tract infections.**

## EXTRA ANTIOXIDANTS

Scientists have identified at least a dozen other types of antioxidant nutrients in celery in addition to Vitamin C. This support protects us against unwanted oxidative damage to our **cells, blood vessels and organ systems**. **Celery decreases** risk of oxidative damage to body fats and risk of oxidative **damage to blood vessel walls**. Celery has been shown to prevent inflammatory reactions in the digestive tract and blood vessels. Most of the research involves **celery seeds and oil**. Celery is a smooth-muscle relaxant. Related nervous system activity **aids muscle relaxation.**

