

Phyto Facts-Celery

The powers that plants provide



Celery is native to the Mediterranean areas and the Middle East. Ancient Greece and Rome used it for flavouring and ancient

Chinese used it

in traditional medicine! It's scientific name means "strong smelling"

Chlorophyll gives that vivid green colour to fruits and vegetables

One of the most well know properties of Celery is that of being a diuretic, and many people turn to Celery when they have urinary issues, especially women prone to Urinary Tract Infections or those who have Interstitial Cystitis. While Celery can help tremendously just by clearing waste through urine, caution must be taken by women to recognise if their urinary discomfort is due to an infection or an irritable bladder, or is it instead some form of incontinence. Many women aggravate their bladder issues by drinking Celery juice, when in fact they just have incontinence.

1

CHLOROPHYLL

High Chlorophyll cleans blood and promotes circulation

2

FLAVONOIDS

Flavonoids in Celery are anti inflammatory and have cancer fighting properties

3

DIURETIC

Celery is a diuretic, helping electrolyte balance and Cortisol balance



Try Celery sticks with a garlic Aioli dip for a snack



Celery sticks with a yoghurt dip can be a part of a Mediterranean meal



Use Celery, green apple and spinach as a Smoothie for a Chlorophyll boost

Coumarins are chemical compounds in plants like Celery which possess a variety of biological properties, including antimicrobial, antiviral, anti-inflammatory, anti-diabetic and antioxidant. Coumarins lower blood pressure and promote circulation which is why Celery is good for migraines and cardiovascular health. Celery is also thought to be especially good for men's heart health.



Celery contains a good amount of Potassium and contains natural organic form of Sodium, so Celery juice is one of nature's best Electrolytes. When you feel you need to replenish your electrolytes, reach for Celery juice. But do note that during a bout of diarrhoea, this might not be wise, although you are losing electrolytes, as it can cause further abdominal cramping and pain. Used during excessive exercise, it can regulate fluid balance.

Vitamins and Minerals

Celery has a rich source of minerals such as calcium, sodium, copper, magnesium, iron, zinc, and potassium. It contains fat soluble vitamins A, D, E and K as well as B vitamins, vitamin C and loads of fibre

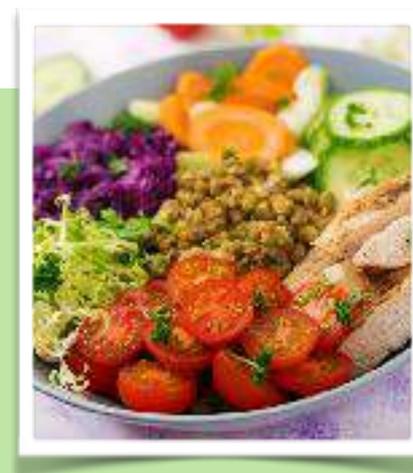
Celery also contains Silicon, making it good for your skin, hair, joints, connective tissues, bones and arteries.

Since it is predominantly fibre and water, Celery is great to lose weight, as it provides a feeling of fullness, helps digestion, reduces water retention and aids weight control.

Ancient Greece regarded Celery so high, that wreaths for winners of games were made of celery. Homer's Iliad and Odyssey also mention celery!

Symbol of Sicily was a Celery leaf!

Have celery sticks with a dip, add it into a green smoothie, drink it a a glass of juice, cook it with spinach for a soup, grate it into a salad with your choice of coloured vegetables, beans or chicken. Let your imagination soar!



Celery on the Phyto Facts series - June 2018

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Omnivore or Vegan, we all require Phytonutrients to thrive.

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