



Taken from: www.care2.com/greenliving/11-super-health-benefits-in-just-1-celery-stalk.html

Apples walk away with most health accolades, and spinach leads the healthy veggie brigade. Compared to them, celery is somewhat unsung, but once you read it's incredible—and nearly endless—list of health benefits, you will quickly join its growing list of lovers.

Health Benefits

- Celery is a great choice if you are watching your weight. One large stalk contains only 10 calories! So, add celery to your shopping list and enjoy it in your salads, soups and stir-fries.
- Celery reduces inflammation. If you are suffering from joint pains, lung infections, asthma, or acne, eating more celery will bring much-needed relief.
- It helps you calm down: Celery for stress-relief? Oh yes! The minerals in celery, especially magnesium, and the essential oil in it, soothe the nervous system. If you enjoy a celery-based snack in the evening, you will sleep better.
- It regulates the body's alkaline balance, thus protecting you from problems such as acidity.
- Celery aids digestion: some say celery tastes like "crunchy water," and that is the reason it is so good for your digestive system. The high water content of celery, combined with the insoluble fiber in it, makes it a great tool for easy passage of stool. Note: because celery has diuretic and cleansing properties, those with diarrhea should avoid eating it.



Healthy Foods

Health Benefits: Celery

- It contains “good” salts. Yes, celery does contain sodium, but it is not the same thing as table salt. The salt in celery is organic, natural and essential for your health.
- It cares for your eyes. One large stalk of celery can deliver up to 10 percent of your daily need for Vitamin A, a group of nutrients that protects the eyes and prevents age-related degeneration of vision.
- Celery reduces “bad” cholesterol: There is a component in celery called butylphthalide. It gives the vegetable its flavor and scent. Guess what: this component also reduces bad cholesterol! A Chicago University research shows that just two stalks of celery a day can reduce bad cholesterol (LDL) by up to 7 points!
- It lowers blood pressure: An active compound called phthalides in celery has been proven to boost circulatory health. Raw, whole celery reduces high blood pressure.
- It can amp up your sex life: and this is not just hearsay. Dr. Alan R. Hirsch, Director of the Smell and Taste Treatment and Research Foundation, says two pheromones in celery—androstenone and androstenol—boost your arousal levels. They are released when you chew on a celery stalk.
- Celery can combat cancer: Two studies at the University of Illinois show that a powerful flavonoid in celery, called luteolin, inhibits the growth of cancer cells, especially in the pancreas. Another study suggests that the regular intake of celery could significantly delay the formation of breast cancer cells.