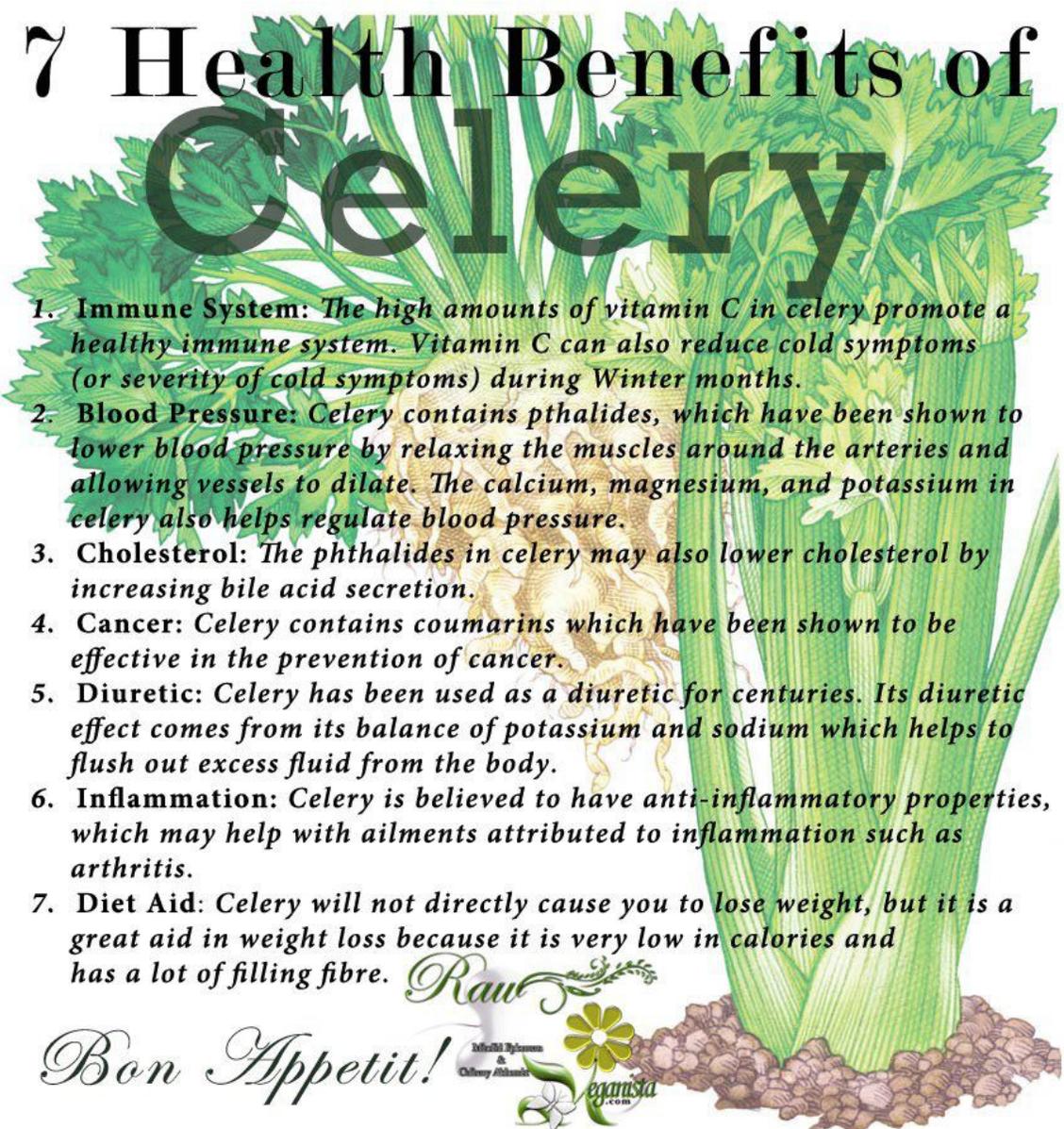


7 Health Benefits of Celery



1. **Immune System:** The high amounts of vitamin C in celery promote a healthy immune system. Vitamin C can also reduce cold symptoms (or severity of cold symptoms) during Winter months.
2. **Blood Pressure:** Celery contains phthalides, which have been shown to lower blood pressure by relaxing the muscles around the arteries and allowing vessels to dilate. The calcium, magnesium, and potassium in celery also helps regulate blood pressure.
3. **Cholesterol:** The phthalides in celery may also lower cholesterol by increasing bile acid secretion.
4. **Cancer:** Celery contains coumarins which have been shown to be effective in the prevention of cancer.
5. **Diuretic:** Celery has been used as a diuretic for centuries. Its diuretic effect comes from its balance of potassium and sodium which helps to flush out excess fluid from the body.
6. **Inflammation:** Celery is believed to have anti-inflammatory properties, which may help with ailments attributed to inflammation such as arthritis.
7. **Diet Aid:** Celery will not directly cause you to lose weight, but it is a great aid in weight loss because it is very low in calories and has a lot of filling fibre.

Bon Appetit!

Michelle Johnson
&
Celery Alliance

