

# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN

## PARSLEY AS MEDICINE



*Sonja Jewell*

NTS, CMT, CCWFN

Evergreen Cottage  
146 E. Chapman

Ely, MN 55731

Phone: 218-365-2288

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By Appointment

Parsley, a culinary herb used to season our food or add color to our plate is so much more than a culinary tool. This common herb has powerful medicinal properties that decrease our risk of numerous diseases—including cancer. Studies reveal that the effects of parsley significantly reduce the ability of cancer cells to migrate and metastasize. When compared to 47 other plants with cancer prevention properties, parsley was one of the top four herbs revealed to have the highest inhibitory effects on cancer-inducing inflammatory compounds. Parsley has been used for centuries to provide both culinary and medicinal benefits. It was even used by the Romans to eliminate odors from corpses before a funeral. Today it is a common deodorizer for body odor and is useful to freshen breath by reducing bad bacteria. One of the best health attributes of parsley comes from its ability to reduce your risk of various types of cancer—including breast, colon, and lung cancer. Parsley is a hardy, inexpensive herb that is easy to grow and available in most grocery stores. If you are not already consuming parsley on a regular basis, perhaps the following list of health benefits will convince you to begin. Parsley contains a wide range of antioxidants which are able to inhibit free radical damage, prevent tumor migration and metastasis, and inhibit uric acid production (gout). Parsley supplies the antioxidant protection known to protect DNA and prevent degenerative diseases like cancer from occurring. In the country of Turkey, parsley is used regularly as a treatment for diabetes due to its liver supporting properties. With its high antioxidant capacity, parsley is an effective herb to flush toxins from the liver while also reducing blood sugar and sodium levels, uric acid concentrations, and oxidized liver enzymes that produce tissue damage in diabetics. Natural bitters are deficient in the modern diet but are very important as they provide a huge nutritional value. Eating bitter foods daily contributes to the support of digestive health in part due to its role in liver support. Bitter foods increase levels of glutathione—the master antioxidant—in the liver and also support other antioxidant enzymes. Parsley has the ability to regenerate liver tissue following damage due to chronic diseases. Parsley stimulates the production of bile in the liver required for digesting fats in the intestines. A deficiency in bile production contributes to poor digestion, microbial overgrowth, and hormonal disturbances. Bile production is also essential to the excretion of toxins that are being flushed from the body and liver. Enhancing natural detoxification pathways is essential to preventing the accumulation of cancer-causing agents in the body and is of utmost importance to human health. Parsley is loaded with chlorophyll, which gives its characteristic green color. Chlorophyll is a known chelating agent found to remove toxic metals from the body and stimulate biological activity that eliminates waste build-up. Parsley inhibits heavy metal toxicity. We are exposed to many heavy metals, such as cadmium, in the environment and the foods we eat. Cadmium interferes with hormone function and reduces the ability of immune-stimulating nutrients like zinc and magnesium. It also disturbs vital organs and the function of the brain, liver, kidney, and testes. Parsley has been shown to inhibit these toxic effects of cadmium by supporting overall detoxification. A diet containing even low doses of chlorophyll is shown to aid in the formation of new red blood cells, detoxify harmful compounds from the blood, and regulate blood pH critical to reducing the risk of cancer development. Other antioxidant enzymes have been shown to increase in individual's blood levels following the consumption of parsley.

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Traditional medical practices have utilized parsley for its gastrointestinal health benefits for centuries, especially in Chinese medicine. Parsley, like other carminative herbs, improves digestive function in multiple ways by dispelling gas, preventing bloating, and stimulating peristalsis. Parsley has anti-inflammatory properties that can reduce your risk of cancer of the digestive, urinary tract, cardiovascular system, brain, and other regions. Its potent antioxidant compounds act on local and distant tissue and are used in the treatment of diabetes, bacterial and fungal infections, and in regulating blood pressure. Combining parsley with apple cider vinegar further enhances its carminative properties. The chlorophyll combined with the natural enzymes and acids in the vinegar improve gut microflora resulting in reduced digestive comfort. Chewing on parsley will eliminate bad breath by reducing odor-causing bacteria. Parsley promotes health in numerous ways and is helpful to anyone looking to optimize their health and reduce their risk of cancer and other chronic diseases. Its powerful anti-inflammatory and antioxidant properties improve respiratory problems and boost circulation. It also detoxifies the body's organs and tissue so that they can function optimally, and supports the effective elimination of carcinogens. Listed below you will find recipes containing fruits and vegetables to pair with parsley that support natural detoxification pathways and enhance healing. Always use organic fruits and vegetables when available. It is also recommended to freshly prepare juice rather than creating large batches susceptible to light and temperature oxidation—which damages its potent anti-carcinogenic compounds. Here are some suggestions on how to juice parsley for better health.

**4 HEALTHY PARSLEY JUICE RECIPES:**

1. Place two carrots, 1/2 cup of fresh parsley, 3 stalks of celery into a juicer or blender and grind until liquid. The juicer will give you a straight shot of highly absorbable nutrients without the fiber. A blender will have the fiber portion of the vegetables mixed into it.
2. Six leaves of romaine lettuce, a handful of parsley, 1 cucumber, 1 apple. Blend thoroughly.
3. Handful of cilantro, handful of parsley, 1 cucumber, 3 stalks of celery, 1 apple. Blend until liquid.
4. 2 cucumbers, handful of parsley. Mix this into a juicer or blender and grind until liquid.

Parsley can also be added to smoothies, soups, and salads.

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**DANDELION GREENS**



Dandelion greens are often viewed as a troublesome weed but they offer amazing nutrition and medicinal benefits, and can be as tasty as greens can be. The leaves are one of the most nutrient-dense vegetables on earth. They provide more beta-carotene than any other plant, almost as much vitamin A as cod liver oil, twice the potassium of bananas, and 50% more vitamin C than tomatoes. Dandelion greens help fight cancer; boost immunity; prevent the aging process; build bones, teeth, and blood; and protect against heart disease. Ancient herbalists relied on dandelion greens as a liver tonic to treat liver disease. Modern research has shown that dandelion greens stimulate the production of bile, enabling the liver to work more efficiently. They also cleanse the gallbladder and seem to have a general tonic effect on the body. Dandelion greens should be gathered just before the plants flower. However, do not pick them from an area that has been treated with pesticides, or from roadsides, since the soil is contaminated with exhaust fumes. Try adding dandelion greens to soups, stews, casseroles, and sandwiches and consume dandelion root tea to enjoy the many health benefits.