

# CELERY JUICE FOR HIGH BLOOD PRESSURE



Celery juice contains the compound 3-n-butylphthalide, or phthalide, which contributes to the vegetable's taste and aroma. As a chemical affecting the body, phthalide helps relax the smooth muscles in the walls of the blood vessels, according to High Blood Pressure Info. Blood pressure decreases as the blood vessels dilate and allow blood to flow easier and more freely.

## RECOMMENDATIONS

Using the recommended Oriental dosages to lower mild cases of high blood pressure, one would eat about four ounces of celery (about a cup of chopped celery) daily. You should begin to see results after only a week or two. Juicing 2 stalks of celery per day would also achieve the same results.

## INGREDIENTS:

- 2 Stalks of Celery
- 1/2 beet
- 2 Carrots
- 1/2 green apple
- Lemon

## CONCLUSION

So, no matter which part of the celery you eat, it has blood pressure benefits and many more for your health.