

Celery

Description

Celery

Celery, celery seeds & celery juice appear to have a lot of health benefits. Celery appears to work to help:

Gout

Inflammation (strong), swelling & pain

High blood pressure (3 different chemicals)

UTIs (antibacterial)

Cancer

Diabetes

Weight loss

organicfacts.net/health-benefits/vegetable/health-benefits-of-celery.html

medicalnewstoday.com/articles/270678#benefits

draxe.com/nutrition/benefits-of-celery/

healthline.com/health/gout/can-different-parts-of-the-celery-plant-naturally-treat-gout#side-effects

Category

1. Uncategorized

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biggs

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