

## 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](https://organicfacts.net/health-benefits/vegetable/health-benefits-of-celery.html)

[medicalnewstoday.com/articles/270678#benefits](https://medicalnewstoday.com/articles/270678#benefits)

[draxe.com/nutrition/benefits-of-celery/](https://draxe.com/nutrition/benefits-of-celery/)

[healthline.com/health/gout/can-different-parts-of-the-celery-plant-naturally-treat-gout#side-effects](https://healthline.com/health/gout/can-different-parts-of-the-celery-plant-naturally-treat-gout#side-effects)

**Category**

1. Uncategorized

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