

# Every day a branch of celery & Surprise use with high blood pressure

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Using one branch of celery per day will bring great benefits to people with high blood pressure.

## content

1. Why can celery lower blood pressure?
2. Suggest some simple and effective ways to use celery blood pressure
  1. Celery juice
  2. Use traditional remedies to treat high blood pressure
  3. Use celery seed tea
3. Notes when using celery blood pressure lowering



## Why can celery lower blood pressure?

1. Celery contains abundant amounts of potassium and sodium. Each 100 grams of celery has 341 mg of potassium and 125 mg of sodium. Because of its natural sodium richness, celery is especially suitable for

the low-salt diet of high blood pressure. Besides, potassium-rich foods are also essential for people with high blood pressure because potassium plays a role in reducing pressure on the vessel walls, thereby helping to control blood pressure more effectively.

2. The composition of celery contains many polyphenols such as Apigenin, luteolin, quercetin, kaempferol, lignans . These are powerful antioxidants, which can prevent free radicals causing inflammation of the body. . More specifically, Apigenin also helps to expand blood vessels, helping to increase blood flow thereby improving blood pressure.
3. Using one branch of celery every day also helps the body become more diuretic because 95% of the celery ingredient is water. This is the same way the body can excrete toxic substances such as uric acid and urea out.
4. In particular, anti-chemical 3-n-butylphtalide (3nb) is abundant in celery seeds, which helps the muscles in blood vessel walls to work smoothly, thereby reducing blood pressure.
5. In 2013, in a study published in the Journal of Medicinal Food, celery seed extract may lower blood pressure in mice with high blood pressure without affecting blood pressure mice. often.

Because of these reasons, celery is considered a golden food to improve the problem of high blood pressure.



## **Suggest some simple and effective ways to use celery blood pressure**

### **Celery juice**

With this simple way, you can use the most pure celery to increase your ability to treat high blood pressure.

You just need to use a few clean and finely chopped celery branches in a slow press, there are already good quality celery juices. To increase the flavor and make it easier to enjoy, you can combine a little lemon and apple or carrot depending on your taste.

See also: [How to make celery juice](#)



## Use traditional remedies to treat high blood pressure

### Remedy 1:

1. Prepare 50g celery using both the body and the leaf, cut off the knuckles.
2. Pour 3 bowls of water, sharp one bowl
3. Drink 3 times a day. After a short time, blood pressure will stabilize

### Remedy 2:

1. 100g celery
2. Lean pork 100g
3. 300ml chicken broth
4. Shiitake 30g
5. 10g Mulberry,
6. Onions 10g, ginger 5g, salt, enough oil.
7. Aromatic spices and the remaining ingredients with chicken broth, simmer 20 minutes, divided into 2-3 times a day.

This remedy not only works to lower blood pressure but also helps to nourish the kidneys very effectively.

### Remedy 3:

1. Take celery, remove roots and rinse
2. Then rinse with cool boiled water.
3. Grind or puree with a blender
4. Squeeze the water mixed with some honey and malt
5. Boil and drink while still hot. Drink three times per day, 40 ml each time.

### Remedy 4:

1. Prepare 10 sets of washed celery roots
2. Pound

3. Add 10 jujube fruits and cook twice a day.
4. Continuous drinking 15 - 20 days will see unexpected results.

## Use celery seed tea

You can use celery seeds to mix drinks daily. In addition, it is also possible to combine them to prepare some salads or to flavor other dishes.

## Notes when using celery blood pressure lowering

In the process of using celery to lower blood pressure, you should note:

1. Taking these measures for about 10 consecutive days must then regularly check your blood pressure by using a home blood pressure monitor. If blood pressure has improved, you should only use celery at 1-2 times a week to maintain.
2. Do not use celery with baba meat because it can create toxins that affect the body.
3. Do not use celery with cucumbers because cucumbers will reduce the ingredients in celery.
4. Some seafood such as oysters, clams, oysters . are also advised not to combine or use with celery because it will destroy the content of substances in this vegetable.
5. Keeping away from rabbit meat when using celery because these two foods combine will cause hair loss.
6. Women in pregnancy, there are signs of threatening to absolutely not use celery.
7. People with skin diseases should not use celery.



The above is the use of celery for the treatment of high blood pressure. This is a familiar food that has a relatively cheap price, so know how to take advantage of it to improve your blood pressure and family members.

### >>> Reference:

1. What effect does celery juice have?
2. Great effects of celery on health and beauty

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