

# What effect does celery juice have? How to make celery juice

Today's article, TipsMake.com will help you understand more celery juice has effect as well as how to make delicious, simple celery juice at home.

Celery is more than just a spice vegetable that increases the appeal for dishes, but the juice of this vegetable is also extremely special for health.

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## main content

1. What effect does celery juice have on health?
2. Does celery juice work with beauty?
3. Instructions on how to make celery juice at home



## What effect does celery juice have on health?

Being a familiar food, not very expensive, but the effects that celery brings are extremely wonderful. Specifically, when squeezing this vegetable for water they will have the following uses:

**Reduce blood cholesterol effectively, control blood pressure**

The 3-n-butylphthalide chemical compound contained in celery has a positive effect on reducing bad cholesterol from the body. At the same time, it helps to relax the muscles around the blood vessels, thereby helping blood flow smoothly and causing less pressure on the arteries to bring about effective blood pressure control. Besides, **drinking celery juice** also helps increase the secretion of steroid acid and bile - 2 substances that reduce cholesterol.

### **Cancer prevention**

One of the many uses of celery juice is to support effective cancer prevention. The composition of celery vegetables contains up to 8 types of substances that can reduce cancer, for example:

1. **Phenolic acid** : Has the effect of inhibiting the activity of prostaglandin - a substance that can accelerate the growth of cancer cells.
2. **Acetylenic** : Has the effect of preventing the growth of tumors
3. **Plant nutrition**: Is effective in preventing the destruction of cellular DNA of free radicals.



### **Treatment of gastrointestinal disorders**

In celery juice contains a lot of fiber, it is therefore able to treat some digestive disorders especially to prevent constipation very effectively.

### **Treatment of insomnia**

The content of magnesium and essential oil in celery juice has the ability to soothe the nerves, thereby making it easier for you to fall into deeper and better sleep.

### **Anti-inflammatory**

Polyacetylene organic compound in celery has high anti-inflammatory properties, which helps to suppress acute inflammation in some diseases such as gout, arthritis, rheumatoid arthritis .

Besides, this compound also helps alleviate respiratory disorders such as asthma, bronchitis .

## **Diuretic**

Celery juice contains sodium and potassium to help regulate body fluids, which in turn can help the body to be purified and become healthier.

## **Does celery juice work with beauty?**

Besides the great health benefits, drinking celery juice also gives your skin and beauty a positive improvement.

### **Support weight loss**

Celery juice containing very little calories will create a feeling of fullness for people with weight loss needs to control appetite. Therefore, the process of finding your body will be easier if this type of juice goes together.

### **Prevent wrinkles**

Vitamins A, B, C, K, niacin and folate in celery play an important role in helping to heal skin lesions and maintaining healthy skin. In addition, they also help produce collagen that nourishes the skin from deep inside and repels traces of time.



### **Moisturizes the skin**

Water accounts for 95% of the ingredients of celery. Therefore, drinking celery juice will help you meet the amount of water needed for the body while providing moisture to the skin. From there, your skin will be more youthful and more energetic.

### **Brightens and evenes the skin**

In celery juice contains a lot of minerals necessary to maintain healthy skin, and deep nourishes from the inside to help skin color and bright white.

Some minerals include: calcium, potassium, magnesium, selenium .

With the above great effects of celery juice, you're definitely impatient to be able to immediately make this nutritious juice cup.

Here's how to make a delicious, simple celery juice that you can easily make.

## **Instructions on how to make celery juice at home**

### **Ingredients to prepare**

1. 1 bunch of celery
2. 1 apple
3. 1 carrot
4. 1 lemon
5. Slow press or otherwise you can replace it with a blender.



### **Doing**

1. Remove the peel, clean the above vegetables (without lemon) then cut it to best suit your family's juicer.
2. Put the ingredients in a slow press
3. Proceed to squeeze water
4. Then add a little lemon to taste and taste.

Note: If you use a blender, when you finish grinding the ingredients you need to filter through the sieve to get the best juice mix.



Hopefully with the share of the effect of celery juice along with this extremely simple way, you will be confident to start working on a few glasses for yourself and your family to enjoy! I wish you success with this drink!

**>>> Reference:**

1. Eating celery, broccoli can improve Triple negative treatment of breast cancer.
2. The spices are effective in making medicine in Tet trays

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