

# Celery

Botanical: *Apium graveolens*

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Celery stimulates the nervous system and mineralizes the body. Because celery is both a diuretic and depurative it makes it a perfect ingredient for weight-loss programs. 3 glasses of celery juice a day are excellent for treating rheumatism, allergies, stomach disorders, detoxifying, and as an all-round aphrodisiac.

## Western



**Western Name:** Celery

**Also Known As:** Smallage, Wild Celery, Celery Root

**Main Systems:** Digestion, Kidneys, Skin, Blood

**Key Actions:** Aphrodisiac, Antioxidant, Diuretic, Dichloridic, Depurative, Hypoglycemic, Expectorant, Emollient, Laxative, Carminative Stimulant, Tonic, Nervine, Anti-inflammatory

**Key Medicinal Uses:** Prevent infections, urinary tract infections, bladder or kidney infections, acne, psoriasis, weak digestion, lowers blood pressure, cholesterol, enhances arterial flexibility, supports liver function, chemo-protective, joint pain, arthritis, gout, fatigue, chronic fatigue, stomach ulcers.



**BASIC HABITAT/BOTANY:** Celery is a hardy biennial that is grown as an annual. Its stalks grow to 12 to 18 inches tall.

Originally from the humid areas of Europe and Asia, it is now naturalized in many regions around the world. Celery likes cooler climates.

**KEY CONSTITUENTS:** Flavonoids, Luteolin, 3-n-butylphtalide (BuPh), Phthalides, Polyacetylene, Androsterone, Volatile oil, Apiol, Silicon, Phthalides, Coumarins, Vitamins A, B1, B2, B3, B6, C, E, K, Iron, Calcium, Phosphorous, Potassium, Sodium, Magnesium and Zinc.

**PARTS MOST FREQUENTLY USED:** Stalk, Leaf, Root, Seeds

**FLAVORS/TEMPS:** Slightly Pungent, Slightly Bitter, Slightly Sweet, Slightly Salty, Cool, Aromatic

**CAUTION:** Extremely safe. Some very few can have an allergic reaction to celery and as celery is a diuretic, be aware if you are suffering from extremely low blood pressure as large doses could leave you feeling faint.

**HISTORY/FOLKLORE:** Celery was used by the Ancient Greeks to make wine. They also valued it for its aphrodisiac and medicinal properties. The Romans used celery leaves to make their "Winner's Crowns." They also used it to cure a hangover. The plant's high water content, sodium, potassium and vitamin C would all contribute to easing a morning after hangover.

## Eastern



**Pin Yin:** Qin Cai

**Also Known As:** N/A

**Main Meridians:** Kidney, Stomach, Spleen, Liver

**Key Actions:** Tonifies the Spleen, Tonifies the Stomach, Tonifies the Kidney, Tonifies Qi, Cools the Liver, Relieves Damp, Purifies the Blood, Promotes Sweating, Calms Shen

**Key Medicinal Uses:** Lowers blood pressure, aids digestion, flatulence, loss-of-appetite, energizes, cleanses the blood, headaches, dysmenorrhea, menopausal disorders, gout, rheumatism, colds, flu, fevers, fatigue, breast milk reduction, cleanses the kidney and bladder, heavy menses.

## FUN FACT!



### Eliminate Intestinal Parasites

Traditionally, celery has been used to eliminate intestinal parasites.



### Highly Nutritious and Healing

Celery is both an alimentary and medicinal herb, meaning it is highly nutritious as well having healing properties.



### Best Eaten Raw

Celery's therapeutic properties are best preserved when it is eaten raw. Juicing is another great way to access the plant's many nutritional properties.

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