



Parsley

Stock #490-9 (100 capsules)

Parsley may be best known as an ornament on dinner plates. However, parsley is eaten as an after-dinner mouth freshener by those who know this herb's secret: fresh parsley contains chlorophyll which absorbs odors and provides a deodorant effect upon the breath.

Parsley contains a volatile oil which acts as a uterine stimulant, due to the presence of about 20% myristicin and 18% apiol. Both chemicals are flavonoids which have strong diuretic activity. Another flavonoid, apigenin, decreases allergic responses. Parsley flavonoids provide antioxidant and anti-inflammatory properties.

Parsley is a rich source of iron and provides numerous trace minerals, particularly the electrolytes calcium, magnesium, potassium and sodium. Parsley also provides vitamins A, B, C, and K, protein (up to 25%), and chlorophyll. Parsley actually contains several times the amount of vitamin C found in citrus.

Parsley stimulates production of digestive fluids and enhances the elimination of wastes from inflamed joints via the kidneys. Such action makes parsley useful for arthritis, cystitis, dyspepsia, gastritis, gout, jaundice, other liver and spleen ailments, and rheumatic conditions. Parsley helps tone the urinary system and has been used effectively for almost any type of kidney and urinary problem, including dysuria, edema, nephritis, prostatitis, swollen breasts and glands, and urinary tract infections. Parsley also helps with stones in the bladder, gallbladder, or kidneys.

Parsley effectively dries watery mucous conditions and is helpful for allergies, asthma, bronchitis, coughs, dropsy (hydrops), and mucus in the bladder.

As a uterine stimulant and antispasmodic, parsley promotes menstruation in the event of an absent or delayed cycle (amenorrhea) and alleviates menstrual pain (dysmenorrhea). Parsley also lowers blood pressure.

Parsley strengthens the adrenal glands and enhances brain and optic nerve function. Parsley is helpful for treating earache, ear infections, and even deafness.

The *Journal of Biological Chemistry* published a study which found that parsley exhibited antibacterial and antifungal action in vitro.

Large amounts of parsley leaves should not be taken by nursing mothers as they can dry up breast milk. Parsley seeds are not recommended during pregnancy or severe kidney inflammation. Excessive intake of parsley seeds can cause abortion, gastrointestinal hemorrhage, kidney and liver damage, and nerve inflammation.