

PARSLEY

"The Mediterranean Herb"

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1. Parsley originated from the Mediterranean region of southern Europe and western Asia.
2. The Greeks and Romans used parsley
3. The Romans popularized parsley for its medicinal and culinary uses ¹.

What is in parsley?

Parsley contains antioxidants, vitamins (A, C, K), minerals, and essential oils. It protects our body cells (antioxidant function) and prevents chronic diseases^{2,3}.

What do studies say about the health benefits?

Muscles and skin: A study tested the tolerability of parsley in people who suffer from skin conditions and changes in muscle function. Among those who consumed parsley juice, a 15% reduction in muscle cramps was documented. A subset of participants who used topical ointments of parsley showed a significant decrease in redness, scaling, and thickness of skin ^{4 ***}.

Cancer: The antioxidant and anti-Inflammatory characteristics in parsley are conferred by its phenolic and flavonoid contents. It helps protect cells against damage and prevents cancer cells from invading other parts of the body ^{5**}.



Respiratory and reproductive health:

Myristicin, an essential oil found in parsley, has been used to treat reproductive disorders in women, and respiratory and gastrointestinal conditions, in addition to exhibiting antidiabetic and pain-relieving properties.^{6***}

Blood pressure: The antioxidants lower blood pressure by promoting the removal of excess water and salt from the body ^{2,7 **}. Research is ongoing to further support this.

Strength of evidence

*** Strong ** Moderate * Basic

How much parsley is safe to consume?

While there are limited standardized guidelines on dosage for human consumption, a range of 0.5 -2mL (up to 1/2 tsp) of parsley leaf extract was used in a study⁵.

Parsley intake, especially for therapeutic purposes, should be used with caution due to possible interactions, such as with Vitamin K and with anticoagulants⁸.

Functional Foods

- Culinary dosages (a few pinches) are safe.
- Usage of supplements or concentrated extracts should be under your doctor's guidance.
- Functional foods, including parsley, are not meant to substitute for a healthy diet, nor should they be used to replace prescribed medication.
- Effects may vary from person to person.

How to use parsley

Fresh parsley: Fresh parsley can be added to green smoothies and juices or solely juiced and consumed as green juice.

The maximum amount recommended for the smoothie is $\frac{1}{2}$ cup. You may reduce according to your preference.

Tea: Pour hot water over either fresh or dried parsley leaves and allow to sit for 5 -10 minutes. For a stronger brew, bring parsley and water to boil in a saucepan on a stove top. Simmer for 10 minutes. Strain and serve.

Salads, soups and stews: Fresh parsley can be chopped and added to any of these.

Resources

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