

## 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 <sup>1</sup>.

### 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<sup>2,3</sup>.

### 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 <sup>4 \*\*</sup>.

**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 <sup>5\*\*</sup>.



### 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. <sup>6\*\*\*</sup>

**Blood pressure:** The antioxidants lower blood pressure by promoting the removal of excess water and salt from the body <sup>2,7\*\*</sup>. 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 study<sup>5</sup>.

Parsley intake, especially for therapeutic purposes, should be used with caution due to possible interactions, such as with Vitamin K and with anticoagulants<sup>8</sup>.

# 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 ½ 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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