Parsley

Petroselinium crispum

Apiaceae Family

Culinary Herb with Medicinal Benefits

Parts used: the whole plant- leaves, root and seeds

Contains: flavonoids, vitamins A, B, C, and K, iron, calcium, trace minerals, essential oils-especially in the seeds, chlorophyll

Actions: diuretic, antiseptic, antibacterial, anticancer, antirheumatic, carminative, vasodilator, emmenagogue

Uses:

Digestive: Parsley helps improve digestion, prevents gas and bloating, stimulates appetite.

Diuretic: Parsley leaf and root can be made into a diuretic tea to rid the body of excess water and toxins. It can be used to treat edema, and may also reduce blood pressure.

Urinary tract health: Parsley can be very helpful in UTI formulas. It can be used to help treat kidney stones.

Breath freshener: chew on a sprig of fresh parsley.

For bruises: crush fresh parsley to make a poultice and apply repeatedly.

Women’s health: parsley has been used to help induce menstrual flow.

Tea: For each cup of water, add ¼ cup fresh parsley leaves, or 1 Tbsp. root or 2 tsp. crushed seeds.

Juice: Add parsley to fresh vegetable/ fruit juice blends for extra vitamins and minerals. .

Contraindications: Pregnant women should not take high doses of parsley. It is ok to use in smaller doses / food. For those with kidney problems- use small doses or consult your doctor/herbalist.

Links:

<http://www.anniesremedy.com/herb_detail108.php>

<http://www.home-remedies-for-you.com/herbs/parsley.html>

<http://www.naturalnews.com/035044_parsley_antioxidants_blood.html>

<https://www.youtube.com/watch?v=w3R3j7HazzQ> - Bladder infection remedy with parsley and garlic

<http://www.mindbodygreen.com/0-12196/how-parsley-tea-cleared-up-my-skin.html>

<http://herbs.lovetoknow.com/Parsley_Home_Remedy>