



## Article Side

Attain healthy life with the intake of celery by [Amery](#)

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Celery is one of the many green vegetables in the market; but what makes it really special and unique is the fact that this green food is packed with loads of nutrients and health beneficial components. It is found to possess a wide range of minerals such as potassium, iron, calcium, magnesium, phthalides and varied types of vitamins to promote healthy growth and development of the body as well as shield you from the broad range of detrimental clinical illnesses.

The best part of this vegetable is its ability to promote overall health either in the form of juice or as a raw food. The seeds, leaves and roots also form the edible part of this super green vegetable. While, the high water content present in this veggie makes it a low calorie green vegetable that works best for individuals aiming for diet control with calorie restriction. Also, the fact that this green and fresh veggie easily fits the pockets of every common man with its very economical value adds to its growing popularity.

### Great health benefits of the magical food

It is hard to believe that a green vegetable with easy accessibility can grant your huge health beneficial effects. Celery enhances a healthy circulatory mechanism along with lowering the raised blood pressure with the help of potassium, calcium, magnesium and other active components such as phthalides. It also has the potential to cease the progression of breast cancer cells by hindering their growth and multiplication with the help of its compound known as apigenin.

This wonderful vegetable is also found to play a role in stimulation of pituitary as well as thyroid glands. In addition to clearing uric acid from the joints and it is also found to act as a treatment option for rheumatism and arthritis disorders. Celery seeds act as a diuretic along with lending a hand in relieving pre-menstrual syndrome and congestive heart conditions. Mitigating the effects of sinus congestion, laryngitis, common cold, bronchitis, coughs and respiratory infections is also made possible with celery.

Hence, the next time you go to market for buying greens than don't forget to add celery to your list as achieving a good health can be made an easy task with the inclusion of celery to your daily diet. Not does the intake of this vegetable give you marvelous results, but its immense capabilities do seem to have attracted many researchers to its side.

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The author is an MSc biochemist with a marvelous potential to write various health related as well as in general blogs, press release and articles. He always believed in providing accurate information to the online customers, with his focus on nutritional aspects and everyday life.

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