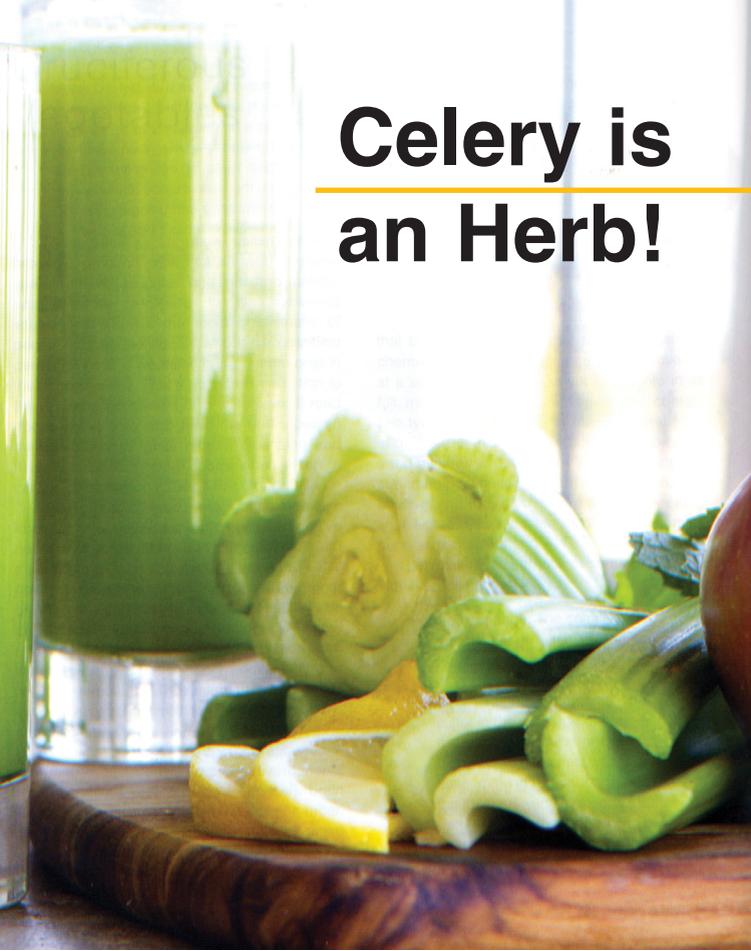


Celery is an Herb!

Marlenea La Shomb, ND



Celery is one of the most powerful anti-inflammatory foods, because it starves unproductive bacteria, yeast, mold, fungus, and viruses that are present in the body and flushes their toxins and debris out of the intestinal tract and liver. Pathogens like these are so often the underlying cause of inflammation—in their absence, your body is much better able to handle whatever life throws your way. At the same time, celery helps good bacteria thrive.

Above is the opening paragraph on celery, *Life-Changing Foods, Save Yourself and the Ones You Love with the Hidden Powers of Fruits and Vegetables*, a #1 *New York Times* bestseller by Anthony William. He is known as the Medical Medium, also being called “the next Edgar Cayce.” Here are just a few highlights of what’s inside this book:

- 1) Critical information about the specific factors behind the rise of illness and how to protect yourself and your family with food.
- 2) Foods to repair your DNA, boost your immune system, improve your mental clarity,

alkalize every body system, shield you from others' negative emotions, and so much more.

- 3) Techniques to make fruits and vegetables, herbs and spices, and wild foods the most healing they can be for your individual needs.
- 4) Targeted foods with recipes to bring into your life for relief from hundreds of symptoms and conditions.

Consuming celery is the most powerful way to alkalize the gut. That's in part because celery (technically an herb, not a vegetable), is high in bio-active sodium. It also contains co-factor, microtrace mineral salts as yet undiscovered in research. These are varieties of sodium and trace minerals (more than 60 of them), that are present in celery and that work symbiotically and systematically with each other and with celery's regular sodium to raise your body's pH and rid toxic acids from every crevice of your body, including your gut. This process is ideal to cleanse and repair intestinal linings.

At the same time, celery offers enzymes and coenzymes and it raises hydrochloric acid in the stomach so that food digests with ease and doesn't putrify, preventing a multitude of gastro-intestinal disorders. This is key so that food, particularly protein, which breaks down in the stomach, needs hydrochloric acid for this process to take place. Improperly broken down into amino acids, protein is actually toxic to the body.

Celery also improves kidney function, helps restore the adrenals, and can even bring ease to one's mind and thought patterns, with its mineral salts feeding electrical-impulse activity and supporting neuron function. This is excellent for all of us, especially if you suffer from ADHD, brain fog, or memory loss. When it comes to celery, think electrolytes. It hydrates on a deep, cellular level, lessening your chances of suffering from migraines, offering stress assistance.

The benefits of organic celery juice makes it a healing tonic of our time. So while green-juice blends can be very healing, nothing equals the simple power of pure celery juice. Run your celery

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ANTHONY WILLIAM

FOREWORD BY CHRISTIANE NORTHRUP, M.D.,
NEW YORK TIMES BEST-SELLING AUTHOR OF GODDESSES NEVER AGE

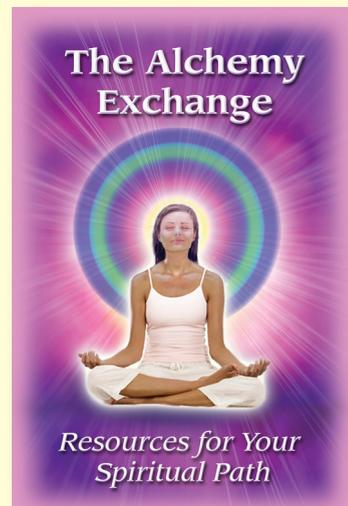
through a juicer, or put chunks of celery with water in a Vitamix or blender. Strain and enjoy. If your goal is to cleanse your body of toxic heavy metals, such as mercury, aluminum or lead, add cilantro when juicing your celery.

EASY GREEN JUICE

This green juice is clean and sweet, making it an easy way to get in an extra dose of greens. It is the perfect way to start off any morning, and you may be surprised that the kids in your life will love it too.

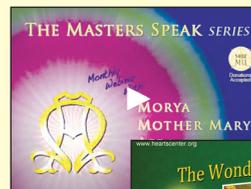
- 1 head of celery, stalks separated.
- 1 large apple, sliced.
- 1 lemon
- 1/2 bunch parsley and cilantro
- 4 sprigs of fresh mint

Run all of the ingredients through a high-speed juicer and enjoy immediately. ■

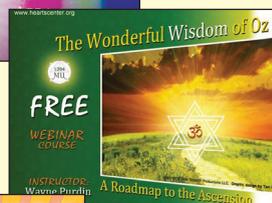


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