

Celery Juice

Jo Francks, M.H.

There have been many books written on the benefits of juicing. Celery juice has become a superfood in the last few years. I looked through many of the books I have on juicing and learned a lot about the reasons why there is such a buzz around celery juice. Let's start with one of the first books on juicing I was aware of.

N. W. Walker D. SC. in his book *Fresh Vegetable and Fruit Juices* praises raw celery juice for its high sodium content. He says, "The greatest value of raw celery lies in the fact that it contains an exceptionally high percentage of vital organic sodium. It is one of the chemical properties of sodium to maintain calcium in solution." The organic sodium is needed to get rid of the inorganic calcium in the body from eating too much processed starches and sugar. Sodium is also involved in the elimination of carbon dioxide from the system. Dr. Walker states that combining different juices creates exceptional healing formulas. "When combined with other juices, the proportion of the elements in each individual juice is changed to correspond to the sum total of the similar elements in the other juices. Thus we get a totally different formula when juices are combined than when we have in any one of the juices individually." Dr. Walker suggests using a combination of carrot and celery juices to help rebuild the nerve sheath and to overcome nervous afflictions.

John Heinerman in the *Encyclopedia of Healing Juices* states that celery juice is good for blood poisoning. The high number of mineral salts in celery make it very alkaline. The bacteria responsible for blood poisoning thrives better in acidic conditions than they do in an alkaline environment. The presence of celery in the body helps to dilute their potential harm. For eczema and psoriasis, the author suggests using a mixture of celery, Swiss chard, and cucumber juices diluted with a little carrot juice.

The Juicing Book by Stephen Blauer teaches us that celery juice has a calming effect on the nervous system and that the sodium in celery juice helps the body utilize calcium more efficiently.

Jay Kordich is the man that played a big role in creating a juicing revolution with his juicing infomercials. In his book, *The Juiceman's Power of Juicing*, he says that one of the best juices you can drink is made with one rib of celery combined with two apples to provide the proper sodium potassium ratio. He says that celery is a powerhouse of life-giving nutrition and is the best juice for anyone who works out because of its rich source of organic sodium. "When we sweat we lose a lot of valuable body fluids. How best to replace them in a matter of minutes? Drink celery juice - leaves and all!"

Anthony William, author of the Medical Medium book series, most recently has brought celery juice to a higher level. In his book, *Celery Juice, The Most Powerful Medicine of Our Time*, he recommends drinking 16 ounces of celery juice first thing in the morning on an empty stomach and wait 15-30 minutes before consuming any other food or liquid. The sodium cluster salts in

the celery juice are said to help cleanse the liver, improve digestion, and help kill off pathogens. His suggestion is to drink the celery juice each morning for a month and notice the changes it makes in the body. He recommends drinking celery juice for many different ailments from fatty liver to eczema and psoriasis.

Celery is more than an ingredient on a relish tray at Thanksgiving dinner. It is a medicinal powerhouse when juiced, giving the body nutrition and healing.

Jo Francks is a Master Herbalist working at The School of Natural Healing.