

Health Benefits of Parsley

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Parsley has many health benefits, but the cleansing of the kidneys is something that we do not understand. The function of the kidneys is to get rid of toxic material, bi-products like creatinine, urea, excess electrolytes, and others, to maintain a normal homeostasis and metabolic balance in the body. Some drink more water than the average to flush the kidneys which can be understable.

Salt accumulation occurs due to excess salt eating and water retention in the extra-cellular tissues. Swelling (oedema) around the ankles would be the earliest symptom. During heart failure, too there is water and salt retention not due to any defects in the kidney. By taking diuretics the kidneys will flush the excess water and salt from the tissues. Cleansing of the kidneys (if such a thing exists), is not required in these situations at all.

The author also talks about the salt and the accumulated poison coming out of your kidneys by urination and your ability to notice it. Only in the laboratories when urine specimens are sent they could analyse the impurities, and not visible to one's eyes, as the author mentions.

Parsley (especially an oil extracted from its seed, called Apiol) has been used in medicine that treat a variety of illnesses including malaria and jaundice, and a poultice made from the leaves was for a time used in France to reduce the effects of poisonous insect bites.

Oxalic acid is found in parsley.

Oxalic acid prevents calcium absorption and *may* also contribute to kidney oxalate stones. For the average person that eats a balanced diet, the small amounts of oxalic acid will not be a health factor. However, those with low calcium health concerns will not want to eat excessive amounts of parsley.

So parsley may not be so good for people who gets kidney stones and the so called "cleansing" may not occur.

Oxalic acid tends to cause bleeding, so those who are on anti-coagulant therapy should avoid eating parsley daily. Even certain fruits are contra-indicated.

Parsley also has vitamin K, which gives blood the ability to clot, so it is not suitable for those on permanent anti-coagulant therapy.

Parsley is also rich in vitamins A and C. Vitamin C is an anti-oxidant as well as an anti-inflammatory substance. It is necessary for a healthy immune system and can help prevent colds and ear infections. Vitamin A is well-known for its effects on vision risk. Parsley is also a source of folic acid, another vitamin that helps to control homocysteine level in the blood and help prevent hardening of blood vessels.

The roots contain calcium, B-complex vitamins, iron, magnesium and calcium and are helpful in the wellbeing of the body.

I am not knocking down parsley, there are health benefits, but forget the idea of cleansing the kidneys.