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## Celery Helps Keep Blood Pressure Down

According to two University of Chicago researchers, there may be good sense to the old Chinese idea of eating celery for high blood pressure. They isolated a substance in celery that clearly helped rats. The equivalent of four stalks of celery lowered the rats' blood pressure by 13%, and their cholesterol level by 7%.

The substance works, the researchers say, by lowering the stress hormones that constrict blood vessels. "Many of our current antihypertensive agents act through more roundabout mechanisms," they add, "and can have troubling side effects, such as fainting, drowsiness or impotence." - C. Ezzell, "Celery studies yield blood pressure boon," Science News 141 (May 9, 1992): 319.

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with natural chiropractic care.**