



LUXURY OF FREEDOM

Benefits of Parsley



Parsley, more than a simple table garnish, is a highly nutritious herb. It is unique in its health benefits in that it contains two types of unusual, yet powerful components: volatile oils and flavonoids. Also great for cleansing your palate and breath at the end of a meal! Continue on for more tips...

Inhibit Tumor Formation

Parsley's volatile oils—particularly myristicin—have been shown to inhibit tumor formation in animal studies, and particularly, tumor formation in the lungs. The activity of parsley's volatile oils qualifies it as a "chemoprotective" food, and in particular, a food that can help neutralize particular types of carcinogens (like those found in cigarette smoke or charcoal grill smoke).

High in Antioxidants

The flavonoids in parsley—especially luteolin—have been shown to function as antioxidants that combine with highly reactive oxygen-containing molecules (called oxygen radicals) and help prevent oxygen-based damage to cells. Also, the Beta-carotene found in Parsley is another important antioxidant that works in the fat-soluble areas of the body. So, if you're trying to lose some weight, this herb is your friend.

Healthy Heart

Parsley is a good source of folic acid, one of the most important B vitamins. While it plays numerous roles in the body, one of its most critical roles is its necessary participation in the process in which the body converts *homocysteine* into benign molecules. High levels of homocysteine are associated with an increased risk of heart attack and stroke in people with atherosclerosis or diabetic heart disease. So eat this herb to keep that heart healthy.

Strong Bones

While one study suggests that high doses of supplemental vitamin C makes osteoarthritis worse in laboratory animals, another indicates that vitamin C-rich foods, such as parsley, provide humans with protection against inflammatory polyarthritis, a form of rheumatoid arthritis involving two or more joints.



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Below we offer a delicious recipe that also offers components essential for bone and heart health. Enjoy our star, Parsley!

Caramelized Fennel, Leek, and Orange Salad

Ingredients:

- **30g** fine bulgur wheat
- **600g** firm ripe tomatoes, diced into small cubes
- **50g** spring onions, trimmed and very thinly sliced
- **400g** flat-leaf parsley, most of the stalk discarded, very finely chopped
- **70g** mint, leaves only, very finely chopped
- **¼ tsp** ground cinnamon
- **½ tsp** ground allspice/Lebanese seven-spice mix
- **¼ tsp** finely ground black pepper
- Salt to taste
- Juice of **1** lemon, or to taste
- **150ml** extra virgin olive oil
- **4** gem lettuce, washed and quartered

1 Rinse the bulgur in several changes of cold water. Drain well and put in a bowl. Stir it with a fork every now and then to help fluff it up.

2 Drain the diced tomatoes, then put in a bowl. A word of warning: do not chop the herbs with a mezzaluna. This will only bruise them. Instead, use a razor-sharp knife, gather as much as you can handle in a bunch and slice them very thin to end up with nice, crisp thin strips. Add the spring onion and herbs. Sprinkle the bulgur all over. Season with the cinnamon, allspice and pepper. Add salt to taste, then lemon juice and olive oil. Mix well. Taste and adjust the seasoning if necessary. Serve immediately with the quartered gem lettuce.

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