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Celery juice:

Celery juice is incredibly helpful for people prone to ulcers and acid reflux by increasing gastric mucus. Celery juice contains flavonoids, which are very powerful phytonutrients with antioxidant (cancer fighting) properties. If you have chronic joint pain or rheumatoid arthritis, drinking celery juice can help reduce symptoms because it is a natural anti-inflammatory. Celery juice also improves liver function by increasing the production of enzymes. Additionally, it helps fight infections because celery has antimicrobial properties, which boost the immune system. If you are prone to UTIs or bladder infections, celery juice can be a lifesaver because it reduces uric acid and stimulates urine production. A study showed that celery leaf extract can lower blood pressure as well as reduce triglycerides and cholesterol in animals that have been diagnosed with hypertension.

Celery Juice Improves Digestion

If you have digestive **issues, constipation, bloating or any** sort of stomach issue, adding celery juice to your diet can potentially reverse these problems. This is because celery contains hydrochloric acid, which restores function and helps heal the gut.

Drink 8 oz of organic celery juice every morning before eating or drinking anything.

When selecting celery juice you want to be sure that it is organic, and the only two ingredients are "Celery juice and lemon juice." I recommend the brand "Suja" it can be found at Kroger or Publix.



THE
SOLINGER METHOD

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