



# Celery Juice Recipe & Benefits

## by Dr. Donna F. Smith

### CELERY JUICE RECIPE

**16 ounces of fresh squeezed celery juice daily for 90 days, then 3-5 times per week thereafter.**

**To work, 16 ounces must be consumed as the first thing ingested upon rising.**

**Wait 30 minutes then consume your first meal of the day.**

You must have a juicer, not blender or food processor. A juicer separates the pulp from the juice. Celery can be organic or because pesticides or herbicides will adhere to the pulp, and thus removed from the juice, when juicing, you can also use non-organic.

So far, one client report that juicing the leaves with the celery stalks made the Celery juice taste bitter. I recommend you juice once with the leaves and the next time without the leaves so you can make this decision for your own taste buds. For me, I juice the stalks with leaves and I enjoy the taste.

To save money you can purchase Celery in bulk at Sam's, Costco or any other wholesale store. My juicer requires one full celery heart and 2-3 stalks from another celery heart to make 16 ounces, however, your juicer may require less or more.

Go online and purchase **Gourmet Trends Forever Green Bags** so that you can buy more than a weeks' worth of celery at a time. I recommend using only these particular green bags as they will be very effective in keeping your celery fresh, easy to clean and air dry.

### PRIMARY PURPOSE

1. The primary reason I am recommending this is because using the above celery recipe as directed will provide the nutrients the body requires to produce Hydrochloric Acid (HCL).
2. Your body cannot digest and metabolize food to nourish your cells without gastric acids, like Hydrochloric Acid.
3. When you smell food, it triggers the release of HCL and other gastric acids into your stomach, so they are there ready to change chewed food into a chemical that can be transported through the blood to feed nutrients to your cells.
4. However, after the age of 30 if you have been bottle-fed as an infant or age of 40 if breastfed, the body is unable to produce enough HCL or its own and therefore, celery juice as directed above is essential to help the body continue making HCL.
5. It is because of the lack of HCL in the digestive system and/or diluting it and other gastric acids by drinking water or other beverages with solid foods (meals and snacks) that now have anti-acids as the number #1 best-selling drug in America.
6. In other words, low production of HCL and other gastric acids in the stomach, as well as when diluted by beverages, causes the gastric acids to rise up into the esophagus, thus causing heartburn, acid reflux, indigestion, GERD, and/or any of its other many names.
7. So the solution to these health conditions is not to take anti-acid drugs, which then make the stomach alkaline and thus unable to digest any substance properly, but increase the production of HCL with the



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above celery recipe and adhere to the digestive principle or rule is “No Liquids with Solids.” Read on for other benefits.

### OTHER HEALTH BENEFITS

1. **Digestive Tract** –
  - a. Anti-inflammatory properties, including its protection against inflammation in the digestive tract itself. Some of the unique non-starch polysaccharides in celery—including apiuman—appear especially important in producing these anti-inflammatory benefits. (Unlike starchy polysaccharides that provide plants with a way to store simple sugars, these non-starch polysaccharides in celery help provide this vegetable with its unique structure and are not made from simple sugars but rather from pectins.).
2. **Antioxidants** like vitamin C and flavonoids, scientists have now identified at least a dozen other types of antioxidant nutrients in celery. These antioxidants help protect us against unwanted oxidative damage to our cells, blood vessels, and organ systems.
3. **Cardiovascular System Health** – due to anti-inflammatory and antioxidant properties.
4. **Anti- Cancer** - Because chronic oxidative stress and excessive inflammation are key risk factors for the development of many cancer types, it's not surprising to see scientists interested in the potential benefits of celery intake for cancer prevention and inhibiting the spread of cancer to other areas of the body. There has been speculation about celery benefits for stomach cancer, colon cancer, and bladder cancer, though finding actual human research studies in any of these areas has not yet been available. Hopefully, future research studies will address the potential cancer-related benefits of celery much more closely.
5. **Skin** - Can improve skin, i.e., less dry and more clear.

### CELERY TIP WHEN USED IN MEALS OR SNACKS

1. You can steam celery without causing excessive loss of its phenol-based antioxidants. In a recent study, researchers compared the impact of steaming (10 minutes) versus boiling (10 minutes) versus blanching (3 minute submersion in boiling water) on the total phenolic antioxidant nutrients in celery. Both boiling and blanching resulted in substantial loss of these antioxidants, in the range of 38-41%. With steaming, however, 83-99% of these antioxidants were retained in the celery even after 10 minutes.
2. While I encourage the practice of eating only raw vegetables, until you are ready for this principle-centered dietary lifestyle, steaming, grilling over wood or baking, at less than 212 degrees, are the “cooking” method of choice. Avoid boiling (i.e., 212 degrees is boiling).
3. We recommend a period of 5-7 days as a window of time for consuming fresh celery, unless storing them in **Gourmet Trends Forever Green Bags**. While some nutrients appear to be stable in whole, refrigerated celery without using these particular Green bags show greater losses of phenolic antioxidants in celery after this week-long period.



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4. In addition, based on changes in flavonoid content, wait to chop up your celery just before you are adding it to a salad or other dishes (rather than chopping it up the night before and leaving it stored in the refrigerator overnight). This will help to preserve its maximum nutrient potential.

### **MAKING TIME FOR HEALTH – Only Six Minutes For This Lifestyle Practice**

Remember that we make time for what is important to us, no matter what that is. So before you think preparing, drinking and cleaning up after making this Celery Juice Recipe is time-consuming, let me just say that I have a Champion Juicer. It takes me six minutes from the moment I open the refrigerator to take out my bag of celery to the moment I am finished.

In fact, it takes me:

- 3 minutes – to open and remove my bag of celery from the refrigerator and to make 16 ounces of Celery Juice.
- 3 minutes – to take apart, clean and place the juicer parts on the drying pad and to drink 16 ounces of Celery Juice.

At the time of writing this for you, I have been making and consuming this Celery Juice recipe every morning for five consecutive months and have missed only once. And that was due to an unexpected, urgent family event that occurred where I had to leave the home without making my Celery Juice or eating breakfast. Events like these, thankfully, are few and far between. Allowing for six minutes every morning for this task has brought me numerous and very significant health benefits, as I have experienced the benefits listed on the previous pages.

Because I want to assure their ongoing benefits more fully, I have chosen to continue consuming 16 ounces of fresh-squeezed Celery Juice every morning for the rest of my life. You may join me or consuming it at the minimal amount of every day for three months, and then thereafter, choose every other day or daily except weekend.

Enjoy,  
Dr. Smith