

Guillermou

We can consider some supplements or foods high in apigenin such as chamomile, parsley, celery, mint and citrus fruits. Apigenin acts against numerous diseases such as cancer, diabetes, cardiovascular diseases, neurodegenerative diseases, non-alcoholic fatty liver disease, and aging. etc., which are related to the overproduction of oxidative stress. The antioxidant mechanism of apigenin includes: inhibition of oxidative enzymes, modulation of redox signaling pathways (NF- κ B, Nrf2, MAPK and P13/Akt), reinforcement of enzymatic and non-enzymatic antioxidants, metal chelation and scavenging of free radicals.

. These articles conclude that apigenin is a powerful antioxidant compound to overcome difficulties related to oxidative stress and many other chronic diseases. [onlinelibrary.wiley.com/.../jfbc.13950](https://onlinelibrary.wiley.com/doi/10.1111/jfbc.13950) (2022)
[www.tandfonline.com/.../10942912.2023.2236329](https://www.tandfonline.com/doi/10.1094/2912.2023.2236329) (2023).---
www.ingentaconnect.com/content/ben/npj/2023/00000013/00000004/art00006 (2023).--
www.sciencedirect.com/science/article/abs/pii/S004763742300115X (2024).---
www.ingentaconnect.com/content/ben/cnsnddt/2024/00000023/00000004/art0.. (2024).--- A total of 34 studies were included in this review. The included studies revealed that apigenin improved learning, memory, and locomotion activity, exhibited anxiolytic effects, attenuated depressive behavior, and improved sensorimotor and motor coordination, cognitive impairment, and neurobehavioral deficits.

Some of the molecular and biochemical mechanisms of apigenin include activation of the signaling pathway; modulation of neurotransmitter levels and monoaminergic, cholinergic, dopaminergic and serotonergic systems; inhibition of proinflammatory cytokine production; and attenuation of oxidative neuronal damage. [www.mdpi.com/.../178](https://www.mdpi.com/doi/10.3390/178) (2023).-----

Posted On 03/02/2024

Guillermou

Apigenin induces cell growth arrest and apoptotic induction by modulating multiple cell signaling pathways in a broader range of human tumors, including breast, lung, liver, skin, blood, colon, prostate, pancreas, cervical, oral and stomach. Oncogenic protein networks, abnormal cell signaling, and modulation of apoptotic machinery are just a few examples of various molecular interactions and processes that have not yet been thoroughly addressed by scientific research. The researchers analyzed the action of apigenin on breast cancer cells. Apigenin corrected abnormalities in the RNA and thus prevented the excessive cellular production typical of cancer. The review of the last article provides a general potential of apigenin as a candidate for reducing the risk of cancer metastasis.

www.pnas.org/.../pnas.1303726110 (2017).-- www.nature.com/.../s41419-023-06342-6 (2023).-- onlinelibrary.wiley.com/.../cbdd.14206 (2023).----

www.frontiersin.org/journals/oncology/articles/10.3389/fonc.2024.13801.. (2024).--

Posted On 03/02/2024

versatile

Dah dah dah dah, dah dah da dah Dah dah dah dah, dah dah Dah dah dah dah, dah dah dah dah dah dah, dah dah, dah dah! Celery! Celery! Celery! Celery - i - i - i -iiii.

Posted On 03/02/2024

tan2582

Furanocoumarins and psoralens in the juice? Which can cause skin issues and may result in liver damage from breakdown intermediates during metabolism. Sunburn? All I know that my Pigmentosa rosea disappeared when I stopped eating celery

Posted On 03/02/2024

FAITH50

In this article, it says to steam organic celery for 10 minutes and make sure to eat the fiber as well, so it'd be best after steaming it to whirl it in your Vitamix to be able to get the fiber. So juicing it, one wouldn't get the fiber. Vitamix would allow a warm spin whereas the newer plastic blenders don't allow hot food blending, so one could let the steamed organic celery cool off if your blender is plastic. My Vitamix is over 35 years old and made of stainless steel allowing for hot food blending.

Posted On 03/02/2024

Almond

I recall holding a picnic potluck one summer. The most popular dish someone brought was peanut-butter-stuffed celery. It was especially a favorite of the children.

Posted On 03/02/2024

jbgorelick

I did some celery juicing during the craze. Just a cup at a time, but I soon started developing killer headaches after juicing, and then it became so bad that I became nauseated from the first taste. It didn't seem to happen when I mixed juices. Now I was muscle tested and told to stay away from Celery. Happy to oblige. Has anyone else had similar experiences?

Posted On 03/03/2024

egis123

Ingredients 1 or 2 tbsp raw honey 1-2 lemons, juiced and strained 1 pack of Lamattina Celery stalks ice cubes 3 cups seltzer/sparkling water Instructions Juice the celery stalks Stir together with honey and juiced lemons Pour into ice-filled glasses Top off with sparkling water to taste Enjoy!

Posted On 03/03/2024

rrealrose

Tried juicing celery several years ago, my juicer is not onboard with all the strands. It can do 1 or 2 stalks but the entire head is not feasible. Meanwhile, it takes some time to adjust to the taste! My solution was to add cucumber and lemon, even some apple to mask the plain celery taste. Not as easy as it sounds without the right equipment.

Posted On 03/02/2024

Guillermou

Rose, I like celery juice with carrots and a little ginger made in a high-pressure blender. A Danish cohort of 55,756 citizens with an observation time of more than 25 years was investigated to determine the association between regular consumption of raw carrots and the development of various types of cancer and leukemia with a predominance of adenocarcinoma. The preventive effect could be due to the polyacetylenic compounds falcarinol and falcarindiol in carrots, while carotene may have no effect. Polyacetylenes are inactivated by heating, supporting our findings that only raw carrot intake has an effect. Indirect evidence for the cancer preventive effect of carrots in humans has reached a level where a prospective human trial is now timely.

The association observed for lung and pancreatic cancer parallels that previously demonstrated for large intestine cancer and indicates a cancer-protective effect of daily intake of raw carrots that is not limited to gastrointestinal adenocarcinomas. Processed carrots showed no effect. The preventive effect could be due to the polyacetylenic compounds falcarinol and falcarindiol in carrots, while carotene may have no effect. Polyacetylenes are inactivated by heating, supporting our findings that only raw carrot intake has an effect. www.ncbi.nlm.nih.gov/.../PMC9919376 (2023).----
www.sciencedaily.com/.../050212184702.htm (2023).-----

Posted On 03/02/2024

grulla

Hi "rrrosie" You might remember this; where I grew up back in northern NJ, I worked part time in a supermarket while in high school in the early 60's, where they sold Brookdale celery soda, among many other flavors. brookdale66.rssing.com/.../latest-article9-live.php

Posted On 03/02/2024

rrealrose

Thanks Gui, will try this out. Have a fairly good blender. Hi Grulla!! Had no idea that celery soda exists. Will try this with Pellegrino water to see if I can pull this off.

Posted On 03/02/2024

Smudge2

We juice organic celery everyday and it's helped with Raynauds. I go out in the sun and have no problem. Been juicing a lot of it, with other veggies for years now. Also, while doing it, I reversed cirrhosis and cured fatty liver. Good to know about the kidneys. Thanks for all the info.

Posted On 03/02/2024
