

## Information on Parsley - Family Apiaceae - Diuretic Herb that Relaxes Spasms

Parsley - (rock selinon) *Petroselinum crispum* Parsley information and how it is used as a herb in alternative herbal treatments to treat ailments and problems. It is used to cleanse the blood, prevent kidney stones and for prostate problems. Although we believe in the therapeutic and healing properties of herbs, care must be taken in the use thereof, as they are powerful compounds. Botanical Classification: Family Apiaceae Genus and specie: *Petroselinum crispum* Other names: *Petroselinum sativum*, *P. hortense*, *Apium petroselinum*, *Carum petroselinum*, *Petroselini herba*, *radix* and rock selinon. Description of the herb parsley: Parsley is a short-lived perennial with bright green leaves. Tiny, yellow-green flowers are produced, followed by small ribbed, oval seeds. Parts used: Leaves, roots, seeds and oil are used. Properties: Parsley is a bitter, aromatic, and diuretic herb that relaxes spasms, reduces inflammation and clears toxins. It is also said to inhibit tumor-cell growth and stimulates the digestion and uterus. It contains flavonoids (including apiin), traces of furanocoumarins (bergapten, oxypeucedanin, psoralen). The essential oil contains phenylpropanoids apiol, myristicin and allyltetramethoxybenzol. Therapeutic uses: Internal use: This bitter aromatic herb is used to relaxes spasms, reduce inflammation and helps to clear toxins from the body. It is said to inhibit tumor-cell growth while stimulating the digestion and the uterus. Parsley is also used internally for menstrual complaints and edema. It is also used for ailments of the lower urinary tract and to prevent renal (kidney) gravel (stones). Furthermore, it can be used in flatulent dyspepsia, dysuria, rheumatic conditions, cystitis, prostate problems, indigestion, colic, anorexia, anemia and arthritis (roots and seeds). It is also used after childbirth for promoting lactation and contracting the uterus (roots and seeds). External use: The leaves have some itch relieving properties if applied externally. Aromatherapy and essential oil use: This oil made from parsley seed is helpful for water retention, stimulating the kidneys as well as helping with menopausal problems. It helps to cleanse the blood and boosts circulation and eases muscle spasms. On the skin, it helps clear bruises, is a tonic to the scalp and is said to help with head lice. Safety precautions and warnings: Occasional allergic reactions on the skin and mucus membranes may appear from the systemic use of therapeutic quantities of parsley. Excessive use or very large quantities, especially the seed and seed oil, can cause abortion, liver and kidney damage, nerve inflammation, and gastrointestinal hemorrhage. Large amounts are not to be used during pregnancy and kidney disease (specifically the seeds and oil).

### About the Author

The giant dinosaurs had a problem. Many of them had narrow, pointed teeth, which were more suited to tearing off plants rather.

Source: <http://www.productsherbal.com>