



# "Celery Therapy" Reduces Blood Pressure

If you have hypertension (high blood pressure), you know it can be tricky to find the right drug or combination of drugs to bring blood pressure back under control. Often the meds do not reduce blood pressure enough... or they become less effective over time, so you have to keep increasing the dose.

Mao Shing Ni, PhD, DOM, LAc, author of [\*Secrets of Longevity: Dr. Mao's 8-Week Program—Simple Steps that Add Years to Your Life\*](#), told me about a simple way to help solve such problems—by drinking celery juice. Used as a complement to hypertension medication, "celery juice therapy" can aid in normalizing blood pressure and even can allow some patients to eventually reduce or discontinue their medication. (Of course, it is important not to alter dosages or discontinue medication without a doctor's approval.) Celery juice also can be a useful preventive measure for people at risk for hypertension.

Dr. Mao explained that celery contains compounds that relax the smooth muscles lining the arteries and also reduce the stress hormones that constrict the arteries. Both these mechanisms cause the blood vessels to dilate, thus improving blood flow and reducing blood pressure.

**Who can be helped:** Talk to your doctor about trying celery juice if you have hypertension (blood pressure of 140/90 mmHg or higher)... have prehypertension (blood pressure between 120/80 mmHg and 139/89 mmHg)... take medication that may elevate blood pressure (for instance, certain decongestants or antidepressants)... or have a family history of hypertension. If you decide to go ahead, have your doctor take a baseline reading of your blood pressure for later comparison. Celery juice generally is safe for everyone except people with a celery allergy.

**What to do:** The first goal is to consume the equivalent of 12 to 16 celery stalks per day for one month. You could just chomp on the stalks, but that's a lot of celery to eat—so it's more efficient to make juice. Dr. Mao recommended using a juicer because you won't have to dilute the juice or strain out any fibrous strands. Three to four times per day, drink the juice of four stalks—each serving is about eight ounces.

If you don't have a juicer, you can use a blender instead. Cut four celery stalks into chunks and place in the blender... add enough water to cover the chunks (about four ounces)... blend well. Strain out the fibers before drinking, because otherwise the fibers would be "too much to bear," Dr.

Mao said. For this diluted juice, the dose is three to four 12-ounce servings daily.

***After one month:*** Visit your doctor and discuss how your original baseline blood pressure reading compares with your current blood pressure as indicated on a home blood pressure monitor or a new reading taken at your doctor's office. If your blood pressure has dropped, the celery therapy is working!

Continue drinking the juice daily until your blood pressure is under control. At that point, Dr. Mao advised, ask your doctor whether you can try lowering your hypertension medication dosage—do *not* reduce or discontinue medication on your own. When your blood pressure is completely stable, try gradually reducing your celery juice dosage to one glass daily as a maintenance dose. You may even be able to halt celery juice therapy if your blood pressure completely returns to normal and you are able to go off your blood pressure medication, Dr. Mao said.

**Source:** Mao Shing Ni, PhD, DOM (doctor of Oriental medicine), LAc (licensed acupuncturist), is chancellor and cofounder of Yo San University in Los Angeles and cofounder of Tao of Wellness, an acupuncture and Chinese medicine clinic in Santa Monica and Newport Beach, California. He is the author of 12 books, including [\*Secrets of Longevity: Dr. Mao's 8-Week Program—Simple Steps that Add Years to Your Life\*](#) (Chronicle). [www.TaoOfWellness.com](http://www.TaoOfWellness.com)