

Why Cancer Should Cower in the Face of This Common Food

Celery juice is a super cancer-fighter. This humble vegetable contains apigenin and luteolin—compounds that are bioactive flavonoids that fight cancer cells. Flavonoids are occurring naturally in plant pigments that work as antioxidants and have the capacity to combat free radicals in the body.

The apigenin compound in celery fights cancer cells by inducing apoptosis (programmed cell death), which causes the cancer cells to self-destruct. In addition to apigenin's antioxidant and anti-tumor properties, it is traditionally used in Chinese medicine for its capacity to treat gout and some arthritic conditions. It is also a powerful anti-inflammatory compound.

Luteolin has the capacity to disrupt the replication cycle of cancer cells. A study published in the BioMed Central Gastroenterology journal discovered that luteolin is able to block the signal pathways (IGF and PI3K) which are necessary for the growth of cancer cells, specifically colorectal cancers. In developed nations, colon cancer is the second most frequent cause of cancer-related death.

Today's Recipe

Energize-Your-Day Cocktail

- 1 apple (green is lower in sugar)
- 2 dark green leaves (chard, collard or kale)
- 1 rib of celery with leaves
- 1 lemon, peeled if not organic
- 1/2 cucumber, peeled if not organic
- 1/2- to 1-inch-chunk fresh ginger root, peeled

Cut the apple into sections that fit your juicer's feed tube.

Roll the green leaves and push through the feed tube with the apple, celery, lemon, cucumber, and ginger. Stir the juice and pour into a glass. Drink as soon as possible. Serves one.

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Cherie Calbom, M.S., holds a Master of Science in whole foods nutrition from Bastyr University. Known as “The Juice Lady” for her work with juicing and health, she is the author of 32 books, including her latest book *The Juice Lady’s Guide to Fasting*. She and her husband offer juice-cleanse retreats throughout the year, 30-Day Detox online and Garden’s Best Juice Powder. “What You Can Do When Your Healing Doesn’t Come” is one point from her teaching “7 Keys to Your Supernatural Healing.” You can connect with Cherie at .

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