

CILANTRO

The Amazing Health Benefits

Heavy Metal Cleansing ^[1]

Prevents Cardiovascular Damage ^[2]

Anti-Diabetic Activity ^[3]

Strong Antioxidant ^{[4][5]}

Possesses Anti-Anxiety Effects ^[6]

Helps Improve Sleep Quality ^[7]

Blood-Sugar Lowering Effect ^[8]

Anti-Bacterial & Anti-Fungal ^{[9][10][11]}

Natural Internal Deodorant

Nourishes the Liver

High in Chlorophyll & Alkaline



Cilantro Drink recipe

½ bunch organic, fresh cilantro washed in Fruit & Vegetable Rinse

½ of an organic lemon, juiced

2 cups water

¼ Tsp of Himalayan Rock salt

1-2 cloves of fresh garlic

Splash of olive oil (optional)

Blend the drink in a high-powered blender until liquefied. A Vitamix or Cuisinart are recommended, but not essential. Drink immediately after blending.

Note: Cilantro is one of the world's best chelators. It helps remove heavy metals, nourishes the liver and is high in chlorophyll. This means this drink is very alkaline in nature and supports healthy blood. Drinking 2-3x per week is recommended.



1. Omura Y, Beckman SL. [Role of mercury \(Hg\) in resistant infections & effective treatment of Chlamydia trachomatis and Herpes family viral infections \(and potential treatment for cancer\) by removing localized Hg deposits with Chinese parsley and delivering effective antibiotics using various drug uptake enhancement methods.](#) Acupunct Electrother Res. 1995 Aug-Dec;20(3-4):195-229.
2. Patel DK, Desai SN, Gandhi HP, Devkar RV, Ramachandran AV. [Cardio protective effect of Coriandrum sativum L. on isoproterenol induced myocardial necrosis in rats.](#) Food Chem Toxicol. 2012 Sep;50(9):3120-5. doi: 10.1016/j.fct.2012.06.033. Epub 2012 Jun 1.
3. Sreelatha S, Inbavalli R. [Antioxidant, antihyperglycemic, and antihyperlipidemic effects of Coriandrum sativum leaf and stem in alloxan-induced diabetic rats.](#) J Food Sci. 2012 Jul;77(7):T119-23. doi: 10.1111/j.1750-3841.2012.02755.x. Epub 2012 Jun 1.
4. Park G, Kim HG, Kim YO, Park SH, Kim SY, Oh MS. [Coriandrum sativum L. protects human keratinocytes from oxidative stress by regulating oxidative defense systems.](#) Skin Pharmacol Physiol. 2012;25(2):93-9. doi: 10.1159/000335257. Epub 2012 Feb 1.
5. Deepa B, Anuradha CV. [Antioxidant potential of Coriandrum sativum L. seed extract.](#) Indian J Exp Biol. 2011 Jan;49(1):30-8.
6. Mahendra P, Bisht S. [Anti-anxiety activity of Coriandrum sativum assessed using different experimental anxiety models.](#) Indian J Pharmacol. 2011 Sep;43(5):574-7. doi: 10.4103/0253-7613.84975.
7. Rakhshandeh H, Sadeghnia HR, Ghorbani A. [Sleep-prolonging effect of Coriandrum sativum hydro-alcoholic extract in mice.](#) Nat Prod Res. 2012;26(22):2095-8. doi: 10.1080/14786419.2011.613388. Epub 2011 Oct 12.
8. Aissaoui A, Zizi S, Israili ZH, Lyoussi B. [Hypoglycemic and hypolipidemic effects of Coriandrum sativum L. in Meriones shawi rats.](#) J Ethnopharmacol. 2011 Sep 1;137(1):652-61. doi: 10.1016/j.jep.2011.06.019. Epub 2011 Jun 28.
9. Furletti VF, Teixeira IP, Obando-Pereda G, Mardegan RC, Sartoratto A, Figueira GM, Duarte RM, Rehder VL, Duarte MC, Höfling JF. [Action of Coriandrum sativum L. Essential Oil upon Oral Candida albicans Biofilm Formation.](#) Evid Based Complement Alternat Med. 2011;2011:985832. doi: 10.1155/2011/985832. Epub 2011 May 21.
10. Lixandru BE, Drăcea NO, Dragomirescu CC, Drăgulescu EC, Coldea IL, Anton L, Dobre E, Rovinaru C, Codiță I. [Antimicrobial activity of plant essential oils against bacterial and fungal species involved in food poisoning and/or food decay.](#) Roum Arch Microbiol Immunol. 2010 Oct-Dec;69(4):224-30.
11. Soares BV, Morais SM, dos Santos Fontenelle RO, Queiroz VA, Vila-Nova NS, Pereira CM, Brito ES, Neto MA, Brito EH, Cavalcante CS, Castelo-Branco DS, Rocha MF. [Antifungal activity, toxicity and chemical composition of the essential oil of Coriandrum sativum L. fruits.](#) Molecules. 2012 Jul 11;17(7):8439-48. doi: 10.3390/molecules17078439.