



## **Cilantro - proven health benefits and recommended intake \_ \_**

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**Abstract.** The article discusses the main properties of cilantro and its impact on the human body. A systematic review of modern specialized literature and relevant scientific data was carried out. The chemical composition and nutritional value of the product are indicated, the use of cilantro is considered in various types of medicine and the effectiveness of its use in various diseases. Potentially adverse effects of cilantro are analyzed separately on the human body under certain medical conditions and diseases.

*Key words:* cilantro , benefit, harm, beneficial properties, contraindications

It is an excellent source of antioxidants. It lowers blood glucose levels, improves the condition of the brain, heart and digestive system. The herb gives food such a rich flavor and aroma that it encourages people to reduce their salt intake. In dishes, you can add not only the leaves of the plant, but also seeds called coriander.

The calorie content of cilantro is 23 kcal per 100 g of fresh leaves, which is less than that of parsley and dill. If we compare fresh greens with dried ones, then it is less caloric (in dried 279 kcal / 100 g) and contains more essential oils, vitamins A, C and K, as well as potassium, calcium, magnesium, phosphorus. If we compare a fresh plant with coriander, then it has much more vitamins, but less minerals.

## **Top 10 Health Benefits of Cilantro**

### **1. Protects Against Oxidative Stress and Cancer**

The plant has anticarcinogenic properties - it reduces the activity of genes in prostate cancer cells. Cancer becomes less invasive, its rate of spread slows down. The root, stem and leaves also act against breast and colon cancer and prevent damage to healthy cells. <sup>[12]</sup>

## **2. Pain relief**

The evidence that cilantro may be beneficial for inflammation and pain has been supported by several studies. She showed one of the best effects in the fight against migraines - when taken along with conventional painkillers, she significantly reduced the severity, duration and frequency of attacks. <sup>[3]</sup>

## **3. Supports Gut Health**

The extract reduces many symptoms associated with gastrointestinal diseases. After taking it, people with IBS note that they have improved digestion, appetite, discomfort and bloating. <sup>[four]</sup>

## **4. Supports brain health and reduces anxiety**

Parkinson's and Alzheimer's, multiple sclerosis, and many other brain diseases are linked to inflammation, which cilantro prevents. It protects nerve cells from damage, improves memory and even helps to cope with anxiety. Animal studies have shown that the extract is as effective as diazepam, a drug used to treat anxiety disorders. <sup>[5, 6]</sup>

## **5. Reduces Blood Sugar and Diabetes Risk**

The components in the leaves stimulate the pancreas, activate the synthesis of the hormone insulin. In studies, the extract reduced blood sugar levels by 4 mmol /L in just 6 hours - the effectiveness of the natural supplement was as high as that of the drug glibenclamide for diabetics. <sup>[7, 8]</sup>

## **6. Removes heavy metals**

Heavy metals enter the body from water, the environment, fish, certain vaccines, dental fillings, and household items. They slow down mental and physical development. To prevent this from happening, it is worth using cilantro - it helps to get rid of mercury, lead, aluminum. Detoxification ( chelation ) works best when combined with chlorella.

## **7. Stimulates the immune system**

As part of a natural product, antioxidants were found - terpinene, quercetin, tocopherols. They improve the protective functions of the body, maintain the integrity of neurons and actively fight inflammation. During the experiments, scientists also noticed that the compounds reduce the activity of free radicals, do not allow them to start dangerous chain reactions and destroy cells. <sup>[9, 10]</sup>

## **8. Supports Heart Health**

In populations that consume a lot of cilantro, the incidence of heart disease is much lower. The secret of effectiveness lies in the fact that the aromatic herb reduces high blood pressure and the level of "bad" LDL cholesterol. Blood pressure is lowered due to the diuretic action - excess sodium and water are washed out of the body, which in addition helps to get rid of puffiness. <sup>[eleven]</sup>

## **9. Fights food poisoning**

The plant contains the natural antibiotic dodecenal. It is twice as effective as gentamicin - it can fight salmonella and other bacteria that provoke life-threatening food poisoning. <sup>[12]</sup>

## **10. Protects the body from infections**

The natural antibiotics in cilantro and other compounds fight fungal infections. Experiments show they inhibit the growth of *Candida albicans* - help in the treatment of candidiasis (thrush) and reduce unpleasant symptoms. A positive effect has also been found in the treatment of urinary tract infections. [13, 14]

### **Potential cilantro harms and possible side effects**

Spicy greens are safe when taken with food in small amounts, so smoothie lovers should not get carried away with superfoods. In some cases, it must be used with caution:

- with low sugar levels and taking diabetes medications - can lower the concentration of glucose too much and cause hypoglycemia;
- if there are problems with the kidneys - contains a lot of potassium;
- during pregnancy and lactation - no accurate safety data;
- with blood clotting disorders, before and after surgery - there are fears that it lowers blood clotting.

It is also known that the plant sometimes causes allergies.

### **How much cilantro can you eat every day?**

The question of a safe daily portion remains open - the scientific community and doctors do not have accurate data on this. Researchers only advise eating it in moderation. This is especially true for chelation - at high dosages, dizziness and weakness may appear.

### **How to store and use cilantro: chef's recommendations**

The most useful is the fresh herbaceous part. To keep it longer in the refrigerator, you need to place the stems in water. Keep in mind that the stems are less commonly used in cooking - they have more bitterness. Choose leaves and combine them with chili, avocado, beef, tropical fruits (citrus, pineapple), cucumber, cream cheese. Greens are usually added to salads, curries, soups, Asian dishes, vegetable and meat fillings for pancakes, pita rolls.

### **Expert comment**

#### **Tatyana Eliseeva, nutritionist, nutritionist**

Cilantro tastes like parsley and citrus, and its unusual smell is caused by aldehydes. Studies have shown that some people compare its taste to soap for a reason - this sensation is caused by a certain DNA variation in the olfactory receptor gene family. Therefore, people with a different DNA variation instead of a soapy aftertaste feel a pleasant aroma, freshness. Regardless of which group you belong to, the herb has a positive effect on the body, mind and should be added to your menu.

### **Literature**

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