

# Cilantro

*Coriandrum sativum*

JW Farms 7



Cilantro leaves, whereas the dried fruits are called coriander seeds.

Coriander is a natural Preservative.



Fresh Cilantro contains major constituents of proteins, Carbohydrates, Fiber, Minerals, and Vitamins. The most active substance in Cilantro are the essential oils.

Coriander seeds are high in linalool, whereas cilantro leaves are rich in aldehydes. The benefits of Coriander Seeds vs Cilantro Leaves are different.

The therapeutic activities of the leaves are more effective than those of the seeds due to a higher content of antioxidants and phenolic compounds.

Although Cilantro leaves have a calming sedative effect, too much can have the opposite effect

Cilantro is part of the Apiaceae family, which contains 3,700 species, including carrots, celery, and parsley. All parts of the plant are edible, but people most commonly use the fresh leaves and dried seeds in cooking. Cilantro has been a part of global cuisine for a long time.

Cilantro is high in Vitamins C, A, E and K.



There are several studies out showing the ANTI Cancer effects of Cilantro especially with Prostrate, Colon and Breast Cancers. The cells become less invasive and showed characteristics that they become less invasive.

There is growing body of evidence suggests that *C. sativum* may be useful as a remedy for pain and inflammation.

Diabetes  
 Memory  
 Anxiety  
 Cholesterol  
 Weight Loss  
 Liver Health  
 Metabolism  
 Skin  
 Wrinkles  
 UV Rays  
 Seizures  
 Heavy Metal Detox \*  
 Oxidative Stress  
 Lowers Blood Sugar  
 Heart HEALTH  
 UTI Prevention  
 Improves Sleep  
 Cardiovascular  
 Digestive  
 Food Poisoning  
 Menstrual Function  
 Neurological  
 Colon Cancer  
 Lowers BP  
 High in Vit K  
 Prostrate Cancer  
 Diarrhea  
 Brain Function

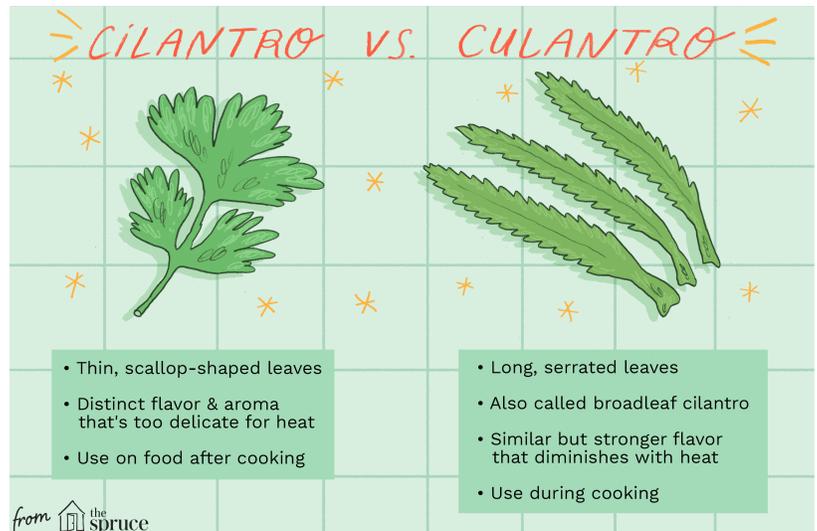


Cilantro is a culinary Herb used in many dishes particularly Mexican dishes. It has a fresh vibrant flavor.

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The Anti' s:

Antioxidant  
 Anti-Inflammatory  
 Antidepressant  
 Antibacterial  
 Antifungal  
 Antimicrobial  
 Anti-Cancer  
 Antiviral



In many countries, cilantro is also known as coriander or Chinese parsley. The leaves of cilantro are used to flavor many Asian and Mexican dishes. Coriander seeds are also dried and used for culinary or therapeutic purposes. Coriander oil can also be extracted from the seeds and is known to have powerful antibacterial properties.

**Caution**

Cilantro has the ability to remove heavy metals from the body. If one takes in too much Cilantro it can cause temporary loss of cognitive function.

A study reported that the intake of coriander decreased arsenic and cadmium concentrations in the kidney