



# Alegría

LOCALLY-GROWN,  
NATURALLY!

**FRESH**

REGENERATIVE ORGANIC SALAD GREENS  
HIGHLY NUTRITIOUS SAME-DAY HARVEST // CLEAN & NATURAL  
PESTICIDE FREE // SPECIALLY SELECTED SUPERFOODS  
GREAT TASTE DELIVERED TO YOUR DOOR!

## Welcome to the Alegría Farmacy!

*Longevity, health and well-being is just a delicious salad away!*

### SALAD GREENS

### HEALTHY FACTS



### Parsley (Italian or Curly)

*Scientific name: Petroselinum crispum*  
*Spanish name: Perejil*

- **A Chemoprotective Food:** Parsley's volatile oils—particularly myristicin—have been shown to inhibit tumor formation in animal studies, and particularly, tumor formation in the lungs. Myristicin has also been shown to activate the enzyme glutathione-S-transferase, which helps attach the molecule glutathione to oxidized molecules that would otherwise do damage in the body. **The activity of parsley's volatile oils qualifies it as a “chemoprotective” food, and in particular, a food that can help neutralize particular types of carcinogens (like the benzopyrenes that are part of cigarette smoke and charcoal grill smoke).**
- **A Rich Source of Anti-Oxidant Nutrients:** The flavonoids in parsley—especially luteolin—have been shown to function as antioxidants that combine with highly reactive oxygen-containing molecules (called oxygen radicals) and help prevent oxygen-based damage to cells. In addition, extracts from parsley have been used in animal studies to help increase the antioxidant capacity of the blood.
- Parsley is an excellent source of Vitamin C, the body's primary water-soluble antioxidant, rendering harmless otherwise dangerous free radicals in all water-soluble areas of the body. High levels of free radicals contribute to the development and progression of a wide variety of diseases, including atherosclerosis, colon cancer, diabetes, and asthma. Vitamin C is also a powerful

anti-inflammatory agent, which explains its usefulness in conditions such as osteoarthritis and rheumatoid arthritis. And since vitamin C is needed for the healthy function of the immune system, it can also be helpful for preventing recurrent ear infections or colds.

- Parsley is also rich in beta-carotene, which works in the fat-soluble areas of the body. Diets with beta-carotene-rich foods are also associated with a reduced risk for the development and progression of conditions like atherosclerosis, diabetes, and colon cancer. And beta-carotene is converted by the body to vitamin A, a nutrient so important to a strong immune system that its nickname is the “anti-infective vitamin.”
- **Parsley for a Healthy Heart:** Parsley is a good source of folic acid, one of the most important B vitamins. Folic acid converts homocysteine, which damages blood vessels, into benign molecules. High levels of homocysteine are associated with a significantly increased risk of heart attack and stroke in people with atherosclerosis or diabetic heart disease. Folic acid is also a critical nutrient for proper cell division and is therefore vitally important for cancer-prevention in two areas of the body that contain rapidly dividing cells—the colon and the cervix.
- **Protection against Rheumatoid Arthritis:** Vitamin C-rich foods, such as parsley, provide humans with protection against inflammatory polyarthritis, a form of rheumatoid arthritis involving two or more joints.