



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



Cilantro or Coriander

Scientific name: Coriandrum sativum
Spanish name: Cilantro

- Cilantro is a powerful natural cleansing agent that effectively removes heavy metals and other toxins from the body. The chemical compounds in cilantro actually bind to the heavy metals, loosening them from the tissues, blood and organs. Cilantro's chemical compounds then aid to transport these harmful substances out of the body through elimination.
- Cilantro could be one of nature's best chelation agents, particularly for individuals who have been exposed to heightened levels of mercury. Mercury excess is a common problem that may be the result of metallic teeth fillings or over-consumption of predatory fish. Many people suffering from excess mercury report that the feeling of disorientation resulting from the poisoning can be greatly reduced through consuming large and regular amounts of cilantro over an extended period.
- Cilantro contains good quantities of an alcohol known as borneol that is capable of destroying viruses and germs that cause colds and foodborne illness.
- Cilantro oil (derived from cilantro) has been found to assist the digestive system in the production of digestive enzymes.
- Cilantro is a natural anti-inflammatory and helps to alleviate the symptoms of arthritis.
- Regular intake of cilantro helps to reduce bad cholesterol (LDL) and increases good cholesterol (HDL).
- The benefits of cilantro may include an ability to help control blood sugar and fight inflammation. The antioxidants found in cilantro help reduce free radical damage from exposure to sunlight. **Research shows that daily use of cilantro helps in preventing skin cancer.**
- The leaves and seeds contain many essential volatile oils such as linalool, cineole, cymene, terpineol, dipentene, phellandrene, pinene and terpinolene.
- The leaves and stem tips are also rich in numerous anti-oxidant polyphenolic flavonoids such as quercetin, kaempferol, rhamnetin and epigenin.
- The herb is a good source of minerals like potassium, calcium, manganese, iron, and magnesium. Potassium is an important component of cell and body fluids that helps control heart rate and blood pressure. Iron is essential for red blood cell production. Manganese is used by the body as a co-factor for the antioxidant enzyme, superoxide dismutase.
- It is also rich in many vital vitamins including folic-acid, riboflavin, niacin, vitamin-A, beta carotene, vitamin-C that are essential for optimum health. Vitamin-C is a powerful natural antioxidant. Cilantro leaves provides 30% of daily recommended levels of vitamin-C.
- It provides 6748 IU of vitamin-A per 100 g, about 225% of recommended daily intake. Vitamin-A, an important fat soluble vitamin and anti-oxidant, is also required for maintaining healthy mucus membranes and skin and is also essential for vision. Consumption of natural foods rich in vitamin-A and flavonoids (carotenes) helps body protect from lung and oral cavity cancers.
- Cilantro is one of the richest herbal sources for vitamin K; provides about 258% of DRI. Vitamin-K has potential role in bone mass building by promoting osteotropic activity in the bones. It also has established role in the treatment of Alzheimer's disease patients by limiting neuronal damage in their brain.
- The coriander seeds oil have found application in many traditional medicines as analgesic, aphrodisiac, anti-spasmodic, deodorant, digestive, carminative, fungicidal, lipolytic (weight loss), stimulant and stomachic.