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## ***Parsley & cilantro Koljander.***

*Support the dog's kidneys with "Parsley Tea".*

**You can't condition the kidneys but the kidneys are an important detox organ.**

Support your working dog's kidneys with parsley and cilantro (**Koljander**) herbs in purified water tea or as ingredients into your dog's diet.

**Parsley** offer healing properties and is highly nutritious containing large amounts of vitamin K, along with healthy amounts of vitamins C and A, and iron.

Parsley a biennial plant that - can be found year round in your local supermarket or from your own herb garden.

**Also a good source of chlorophyll.**



**Purified water.**

To further support the kidneys, always give your dog purified water – so make sure to get a good water filter.

**How to use parsley.**

Parsley is generally safe in dried, fresh or tea forms.

Note! - avoid using the seeds since they may be toxic to pets in large amounts.

**How to select and store parsley.**

Whenever possible, choose fresh parsley over the dried form of the herb since it is superior in flavor.

Choose fresh parsley that is deep green in color and looks fresh and crisp.

Avoid bunches that have leaves that are wilted or yellow as this indicates that they are either over mature or damaged.

Just like with other dried herbs, if you choose to purchase dried parsley flakes, try to select organically grown parsley ... since this will give you more assurance that the herbs have not been irradiated.

Fresh parsley should be kept in the refrigerator in a plastic bag.

If the parsley is slightly wilted, either sprinkle it lightly with some water or wash it without completely drying it before storing in the refrigerator.

If you have excess flat leaf parsley, you can easily dry it by laying it out in a single layer on a clean kitchen cloth.

Once dried, it should be kept in a tightly sealed container in a cool, dark and dry place.

Curly leaf parsley is best preserved by freezing, as opposed to drying. Although it will retain most of its flavor it has a tendency to lose its crispness, so it is best used in recipes without first thawing.

### **Preparing and cooking parsley.**

Fresh parsley should be washed right before using since it is highly fragile.

The best way to clean it is just like you would spinach.

Place it in a bowl of cold water and swish it around with your hands.

This will allow any sand or dirt to dislodge.

Remove the leaves from the water, empty the bowl, refill it with clean water and repeat this process until no dirt remains in the water.

### **Parsley tea for detox.**

Parsley tea a simple natural diuretic and urinary tract purifier that also helps with liver cleansing.

Mince a heaping tablespoon of fresh parsley, stems and all.

Boil 250ml of purified water and then pour the boiled water over the parsley in a glass or ceramic bowl.

Allow to steep for 20 minutes.

Strain and offer cooled parsley brewed tea to your dog as drinking water.

The dose is simple: as much as is desired.

You can offer it three times a day, but make it fresh daily and only use what was made for that day.

### **Health benefits of parsley.**

Traditional uses of parsley tea include treating urinary tract infection, kidney stones and liver, bladder and prostate problems.

### **Importance of chlorophyll.**

Parsley is also packed with chlorophyll (one cup of parsley contains 38.0 mg of chlorophyll).

Learn more about how chlorophyll is good for dogs see article about chlorophyll (on this website).

### **Importance of volatile oil components of parsley.**

A sprig of parsley contains two types of unusual components that provide unique health benefits.

The first type is volatile oil components—including myristicin, limonene, eugenol, and alpha-thujene.

The second type is flavonoids—including apiin, apigenin, crisoeriol, and luteolin.

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.

### **Parsley a rich source of anti-oxidant nutrients.**

Prevent oxygen based damaged cells.

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.

Increase the antioxidant capacity of the blood.

In addition, extracts from parsley have been used in animal studies to help increase the antioxidant capacity of the blood.

### **Vitamin C, A and pro-vitamin A carotenoid, beta-carotene).**

In addition to its volatile oils and flavonoids, parsley is an excellent source of **vitamin C ...**

A good source of **vitamin A** (notably through its concentration of the pro-vitamin A carotenoid, beta-carotene).

*Vitamin C* has many different functions.

It is 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.

This may explain why people who consume healthy amounts of vitamin C-containing foods have reduced risks for all these conditions.

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.

***Beta-carotene***, another important antioxidant, 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.

Like vitamin C, beta-carotene may also be helpful in reducing the severity of asthma, osteoarthritis, and rheumatoid arthritis.

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.

While it plays numerous roles in the body, one of its most critical roles in relation to cardiovascular health ...is its necessary participation in the process through which the body converts *homocysteine* into benign molecules.

Homocysteine is a potentially dangerous molecule that, at high levels, can directly damage blood vessels ...and high levels of homocysteine are associated with a significantly increased risk of heart attack and stroke in people ...with atherosclerosis or diabetic heart disease.

Enjoying foods rich in folic acid, like parsley, is an especially good idea for individuals who either have, or wish to prevent, these diseases.

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 in women, the cervix.

### **Parsley for urinary tract infection.**

For urinary issues or as a nutritional boost, use a vegetable juicer or a blender to turn the fresh leaves into a "green soup."

You'll need to fill the blender halfway and add water if you don't have a juicer.

Feed 1 teaspoon per 10 kg preferably on an empty stomach.  
But if that doesn't work, try adding it to your dog's water as described above as parsley tea.  
If that still doesn't work, then you can try adding it to his food.

Also because of its diuretic abilities, parsley may be helpful for urinary tract infections ...the idea is that the bad bacteria gets flushed out of the bladder because urination is increased.  
Its antimicrobial qualities may also be of help against the bacteria causing the infection.

### **Parsley for cancer prevention.**

A 2012 study at the University of Missouri found that apigenin, found in parsley, shows promise as treatment ...for an aggressive type of breast cancer in humans.

The apigenin actually shrank tumors in a group of mice.  
Parsley also contains myricetin, a flavonol that has been linked to potentially helping prevent skin cancer.

### **Parsley for protection against rheumatoid arthritis.**

For arthritis, you can make a tea of the dried or freshly grated root.  
Give 1-2 tablespoons of the tea per day to your dog.  
You can also give in tincture form at 1-2 milliliters per 10 kg of weight.  
While one study suggests that high doses of supplemental vitamin C makes osteoarthritis, a type of degenerative arthritis ...that occurs with aging, worse in laboratory animals, another indicates that vitamin C-rich foods, such as parsley provide protection against inflammatory polyarthritis, a form of rheumatoid arthritis involving two or more joints.

The findings, presented in the *Annals of the Rheumatic Diseases* were drawn from a study of more than 20,000 subjects who kept diet diaries and were arthritis-free when the study began, and focused on subjects who developed inflammatory polyarthritis and similar subjects who remained arthritis-free during the follow-up period.

Subjects who consumed the lowest amounts of vitamin C-rich foods were more than three times more likely to develop arthritis than those who consumed the highest amounts.

### **Introduction to food rating system chart.**

In order to better help you identify foods that feature a high concentration of nutrients for the calories they contain, **see the Food**

### **Rating System.**

This system highlight foods that are especially rich in particular nutrients.

Shows the nutrients for which nutrition is either an excellent, very good, or good source or an explanation of qualifications).

If a nutrient is not listed in the chart, it does not necessarily mean that the food doesn't contain it.

It simply means that the nutrient is not provided in a sufficient amount or concentration to meet the rating criteria.

(To view this food's in-depth nutritional profile that includes values for dozens of nutrients - not just the ones rated as excellent, very good, or good ...use the link below the chart.)

To read this chart accurately, you'll need to glance up in the top left corner where you will find the name of the food ...and the serving size used to calculate the food's nutrient composition.

This serving size will tell you how much of the food needed to obtain the amount of nutrients found in the chart.

Now, returning to the chart itself, you can look next to the nutrient name in order to find the nutrient amount it offers...the percent Daily Value (DV%) that this amount represents, the nutrient density

calculated for this food and nutrient ...and the established rating system.

For most of the nutrient ratings the government standards for food labeling was adopted ...Food and Drug Administration's "Reference Values for Nutrition Labeling."

[Read more background information and details of our rating system.](#)

<b>Parsley, chopped, fresh</b>				
<b>0.50 cup</b>				
<b>30.40 grams</b>				
<b>Calories: 11</b>				
<b>GI: <a href="#">very low</a></b>				
<b>Nutrient</b>	<b>Amount</b>	<b>DRI/DV (%)</b>	<b>Nutrient Density</b>	<b>World's Healthiest Foods Rating</b>
<a href="#">vitamin K</a>	498.56 mcg	554	911.4	excellent
<a href="#">vitamin C</a>	40.43 mg	54	88.7	excellent
<a href="#">vitamin A</a>	128.04 mcg RAE	14	23.4	excellent
<a href="#">folate</a>	46.21 mcg	12	19.0	excellent
<a href="#">iron</a>	1.88 mg	10	17.2	excellent
<a href="#">copper</a>	0.05 mg	6	9.1	very good
<a href="#">potassium</a>	168.42 mg	5	7.9	good
<a href="#">calcium</a>	41.95 mg	4	6.9	good
<a href="#">fiber</a>	1.00 g	4	6.6	good
<a href="#">magnesium</a>	15.20 mg	4	6.3	good
<a href="#">zinc</a>	0.33 mg	3	4.9	good
<a href="#">phosphorus</a>	17.63 mg	3	4.1	good
<a href="#">vitamin B3</a>	0.40 mg	3	4.1	good
<a href="#">vitamin B1</a>	0.03 mg	3	4.1	good
<a href="#">manganese</a>	0.05 mg	3	4.1	good
<b>World's Healthiest Foods Rating</b>	<b>Rule</b>			
Excellent	DRI/DV >= 75% OR			

	Density $\geq$ 7.6 AND DRI/DV $\geq$ 10%
very good	DRI/DV $\geq$ 50% OR Density $\geq$ 3.4 AND DRI/DV $\geq$ 5%
Good	DRI/DV $\geq$ 25% OR Density $\geq$ 1.5 AND DRI/DV $\geq$ 2.5%

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## Looking at chlorophyll.

*Green herbs for dogs recommended*

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By [Dr. Deva Khalsa](#)

Dogs spend a lot of time eating grass.

Have you ever wondered why?

Although grass is a green plant that dogs have easy access to, it's used for decorating lawns, not as a food source.

Yet all dogs love to eat grass.

Do they somehow know that the chlorophyll found in grass has a multitude of important health benefits?

But the problem is, dogs can't digest grass well enough to benefit from its chlorophyll.

### **Looking at the health benefits of chlorophyll.**

Chlorophyll is pigment lending colour ... green ... to the leaves in just about all plants and algae.

It's an extremely important compound in photosynthesis, for it actually allows plants to absorb energy from light.

A marvelous and amazing fact is that the molecular structure of chlorophyll is almost identical to hemoglobin, which is found in red blood cells.

Hemoglobin and chlorophyll are identical except for one atom.

Hemoglobin is responsible for carrying oxygen to all your dog's organs and cells.

The hemoglobin in your dog's blood has iron as the central molecule while the chlorophyll in plants has magnesium as the central molecule.

When dogs ingest chlorophyll it aid health of their blood.

That's because the chlorophyll will help replenish their red blood cells.

Chlorophyll helps to cleanse all the cells of the body,

fight infection

| heal wounds

build the immune system

detoxify all systems, particularly the liver and the digestive system.

It also promotes digestive health – which is why many dogs with acute digestive problems tend to go for the grass.

Dogs in general can also benefit from chlorophyll's double action in both treating and preventing bad breath.

Chlorophyll can eliminate odors in the mouth. It also improves digestion, the most likely cause of bad breath in dogs with healthy teeth and gums.

**Parsley is a good green for a breath freshening for your dog! [Click Here!](#)**

Chlorophyll can increase oxygen utilization within your dog's body. It also breaks down calcium oxalate stones in the bladder.

Importantly, chlorophyll reduces the ability of carcinogens to bind with DNA in the liver and other organs.

A study published in Carcinogenesis clearly shows that chlorophyll blocks procarcinogens, such as aflatoxins, that damage DNA.

The Linus Pauling Institute's Cancer Chemoprotection Program has indicated that natural chlorophylls in the diet offer cancer protection.

Chlorophyll also binds to toxic heavy metals, eliminating them from the body before they cause organ damage such as kidney failure.

## GOING GREEN CHART

FIND A GOOD SOURCE OF **CHLOROPHYLL** IN . . .

- One cup of spinach 23.7 mg
- One cup of sugar peas 4.8 mg
- One cup of parsley 38.0 mg
- One cup of chinese cabbage 4.1 mg
- One cup of green beans 8.3 mg



Dogs have the right idea when they eat grass, but the sad truth is they do this because they have no other source of fresh green plants.

Wolves and wild dogs and cats get their chlorophyll from content in the intestines of their prey.

**Spinach, broccoli, asparagus, peas, kale, parsley and beans are rich in digestible chlorophyll.**

The grass they choose as a last resort comes out crushed but looking just the way it looked when it went in.

The good news is you can provide your dogs with digestible, healthy and delicious mulched greens directly to the dog's meal or mix them with banana, yogurt, pumpkin, apple pieces, kefir, etc. treats containing chlorophyll or cut up some of the greens listed and sauté them lightly in butter - cheese and eggs are the best means of disguise.