



CHUNG INSTITUTE
OF INTEGRATIVE MEDICINE

CILANTRO (CHINESE PARSLEY)

Healing Benefits:

Cilantro is capable of mobilizing mercury, cadmium, lead and aluminum in both bones and the central nervous system. It is probably the only effective agent in mobilizing mercury stored in the intracellular space, including the nucleus.

Cilantro can be used fresh (a handful of cilantro leaves in a cup of hot miso soup per day), as tablets or as a tincture.

Recommended dosage and the application of cilantro tincture:

Two full droppers in a cup of hot water or tea once per day.