

WHY EAT BEETS? 6 TOP REASONS

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Beet roots improve our health in the following ways.

1. Lower Blood Pressure

Drinking beet juice may help to lower blood pressure. The benefit likely comes from the naturally occurring nitrates in beets, which are converted into nitric oxide in our body. Nitric oxide, in turn, helps to relax and dilate our blood vessels, improving blood flow and lowering blood pressure.

2. Boost Stamina

The benefit is thought to also be related to nitrates turning into nitric oxide, which may reduce the oxygen cost of low-intensity exercise as well as enhance tolerance to high-intensity exercise.

3. Fight Inflammation

Beets are a unique source of betaine, a nutrient that helps protect cells, proteins, and enzymes from environmental stress. It's also known to help fight inflammation, protect internal organs, improve vascular risk factors, enhance performance, and likely help prevent numerous chronic diseases.

4. Anti-Cancer Properties

The powerful phytonutrients that give beets their deep crimson color may help to ward off cancer. Research has shown that beetroot extract reduced multi-organ tumor formations in various animal.

5. Rich in Valuable Nutrients and Fiber

Beets are high in immune-boosting vitamin C, fiber, and essential minerals like potassium (essential for healthy nerve and muscle function) and manganese (which is

good for your bones, liver, kidneys, and pancreas). Beets also contain the B vitamin folate, which helps reduce the risk of birth defects.

6. Detoxification Support

The betalain pigments in beets support our body's detoxification process, which is when broken down toxins are bound to other molecules so they can be excreted from our body. Traditionally, beets are valued for their support in detoxification and helping to purify our blood and our liver.

Eat Beet Greens Too

Besides containing important nutrients like protein, phosphorus, zinc, fiber, vitamin B6, magnesium, potassium, copper, and manganese, beet greens also supply significant amounts of vitamin A, vitamin C, calcium, and iron. Beet greens actually have even more iron than spinach (another leafy green in the same botanical family) as well as a higher nutritional value overall than the beetroot itself. Research shows beet greens may:

- Help ward off osteoporosis by boosting bone strength
- Fight Alzheimer's disease
- Strengthen the immune system by stimulating the production of antibodies and white blood cells

There are many ways to enjoy beets:

- Grate them raw over salads
- Add them to the fresh vegetable juice
- Lightly steam them
- Marinate them with lemon juice, herbs, and olive oil.

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