

This Vegetable Will Fix Everything Wrong in Your Body!

Beets are really healthy and can be cooked and prepared in many ways. They can improve many conditions in the body and cure many diseases. They contain **anthocyanins** and those are the ones that give them the strong red color and the **anti-cancer** properties.

Beets also contain betaine that is a strong anti-inflammatory agent that can support the cardiovascular health and also contains a lot of important minerals and vitamins like C, B12, B2, B1 and magnesium, phosphorus, iron, zinc and iodine.

Beet root can fight anemia, boost blood flow, detoxify the body, balance the cholesterol levels and support liver health. They can slow down the ageing process and can provide your body with a lot of antioxidants, fiber, pectin, cellulose and protect you from fatty liver disease.

Beets can be juices, eaten raw, boiled and you should remember that the leaves are edible too and contain a lot of potassium.

Beets Nutrition Facts

Beetroots are especially **high in folate, manganese, and copper**.

- Folate is essential for DNA synthesis and preventing neural tube defects in babies. It's also been shown to reduce risk for heart disease, cancer, and depression.
- Manganese is needed for enzymatic processes in your body, as well as for metabolism, wound healing, and healthy bones.

- Copper keeps your immune system healthy, helps create red blood cells, and supports energy production.

Beet greens are full of vitamins A, C, K, and B2.

Red beets get their rich pigment from phytonutrients called betalains. The two most well-known betalains are vulgaxanthin and betanin, which have **antioxidant, cancer-fighting, and anti-inflammatory properties.**

Some Other Health Benefits of Beets:

For Complete Cooking Instructions Please Head On Over To Next Page Or Open button (>) and don't forget to SHARE with your Facebook friends

1. Boost Stamina

Beets can enhance your physical performance before a workout. They boost the endurance and stamina and that is why they are an excellent pre-workout food and great for athletes and physically active people.

1. Fight Inflammation

The betaine inside the beets can protect you from inflammation and protect your cells, proteins and enzymes from environmental stress.

Red beets get their rich pigment from phytonutrients called betalains. The two most well-known betalains are vulgaxanthin and betanin, which have **antioxidant, cancer-fighting, and anti-inflammatory properties.**

Some Other Health Benefits of Beets:

1. Boost Stamina

Beets can enhance your physical performance before a workout. They boost the endurance and stamina and that is why they are an excellent pre-workout food and great for athletes and physically active people.

1. Fight Inflammation

The betaine inside the beets can protect you from inflammation and protect your cells, proteins and enzymes from environmental stress.

1. Lowers Blood Pressure

Drinking a raw beet juice can really help you lower the blood pressure in a matter of a few hours. That is all due to the naturally occurring nitrates in the beet that get transformed in nitric oxide in the blood. The nitric oxide can dilate the blood vessels and improve the general blood flow.

1. Boosts Brain Work

Due to the nitric oxide in the body, the blood vessels become wider and dilated and the blood flow become uninterrupted and thus the brain works more actively. This boosts the neuron activity and the brain's energy.