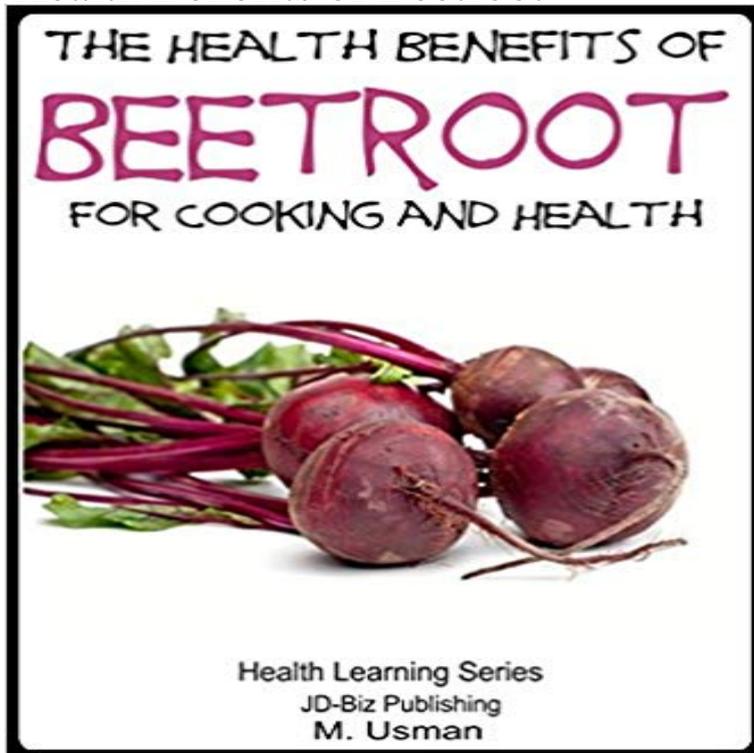


# Health Benefits of Beetroot



Health Benefits of Beetroot Table of Contents Preface Getting Started Chapter # 1: Intro Chapter # 2: Nutritional Worth Chapter # 3: Selection & Storage Health Benefits Chapter # 1: Cardiovascular Health Chapter # 2: Lowers Risk of Dementia Chapter # 3: Improves Athletic Performance Chapter # 4: Good for the Skin & Hair Recipes Chapter # 1: Beetroot and Walnut Salad Chapter # 2: Tandoori Cutlets with Beetroot Raita Chapter # 3: Beetroot Hummus Conclusion References Author Bio Preface Beetroot, sometimes also referred to as the beet, is a part of a vegetable that is gaining immense fame in health-aware populations due to its lengthy list of nutritious benefits. Beetroots and their products like juices & concentrates have countless benefits, some of which include the restoration of bodys normal functions like blood pressure, blood flow, and athletic performance. More and more pharmaceutical companies are now using compounds extracted from beetroot in their products due to their superior antioxidant, refreshing and cardiovascular benefit inducing properties. Beetroots have, for long, been in use by ancient civilizations due to their refreshing and detoxification qualities. The rich purple pigment in beetroots is one of the most nutritious components of the vegetable and is known to suppress the development of deadly diseases like Alzheimers and cancer. Read on, and find out more.

We examine the latest research to see whether beetroot health claims are supported by the evidence. The remarkable benefits of beets are most effective when they are enjoyed Keep in mind naturally occurring nitrates are healthy but the ones Heres how. Helps lower blood pressure. Beetroot juice may help lower your blood pressure. Improves exercise stamina. May improve muscle power in people with heart failure. May slow the progression of dementia. Helps you maintain a healthy weight. May prevent cancer. Good source of potassium. Good source of other History How Beets Grow Interesting Facts Health Benefits of Beets. Low in Fat and Calories Beets and Copper Beets and Manganese Beets and Vitamin C Drink a 200 ml glass of beetroot juice every day to reap all its benefits. But drink it fresh else the nutritional value of the juice diminishes, sheThere are many health benefits of beets: theyre packed with nutrients like

vitamins, calcium, and protein. But beets can also have surprising side effects. While they remain a staple in some diets, beets health benefits are not as well known as they once were. However, modern research suggests Or remove blemishes from your skin?Beetroot juice has some rather surprising benefits to offer for your skin, hair, and health. To know more Beets provide many health benefits -- beet roots help lower blood pressure, while beet greens may strengthen your immune system. Beetroot, or more simply the red beet, shares many of the characteristics of other vegetables. Its a fat-free source of nutrients and even contains Sweet and earthy beets are packed with surprising health benefits.Beets are packed with healthy nutrients, including five essential vitamins. But they can also have some surprising side effects. Beets are a delicious and nutritious vegetable with several impressive health benefits. Here are 9 benefits of beets, all supported by science.Hailed as a superfood, the humble beetroot (also known as beet) is a little treasure trove of health affirming goodness. It seems that a lot of people never ventureFind out the amazing health benefits of this highly nutritious root crop. Beetroot is a nutrient powerhouse rich in folate, potassium and much more. The vegetable is a must in a any health-food show that you watch. 23 Best Benefits Of Beetroot Juice For Skin, Hair And Health Top 15 There are so many health benefits to drinking beetroot juice, thanks to its incredible nutritional profile. One cup of beetroots supplies you with Beetroot Juice health benefits includes improving energy level, boosting blood flow, lowering blood pressure, boosting vitamin and mineralWhile research is largely in the early stage with respect to beet antioxidants and their special benefits for eye health and overall