

Five Health Benefits of Beetroot

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Beetroot, also often known as the beet, is a root vegetable that has been consumed since ancient times. Even the ancient Romans and Greeks thought beetroot had vitamins and minerals. In fact, today's studies prove that not only are they loaded with beneficial nutrients, but beetroot is an amazing way to ensure that a person stays healthy.

A root vegetable, the reddish and bulbous portion of the beetroot is grown underground while its leafy top is seen above the ground. It grows in both tropical and temperate areas, and takes about two months to reach maturity. Though the plants have been cultivated for thousands of years due to their dietary benefits, it is only recently that their many health benefits have been explored.

1. Beetroot enhances sex

The ancient Romans prized beetroot as an aphrodisiac and raised them as such. Today's science supports this Roman practice. Researchers have found that beets contain high amounts of boron, an element that relates directly to the production of sex hormones in humans.

2. Beetroot equalizes mental health

Betaine, the same component that is used by practitioners to treat depression using certain methods, is found in beetroot. Another great element that beetroot contains is tryptophan, which has been shown to create a sense of well-being while also relaxing the mind. They are also a great way to lower blood pressure, which can help offset the effects of stress on the body.

3. Beetroot increases energy levels

Because the sugar contained in beetroot is released slowly throughout the body, even though the sugar levels are high, they help maintain steady energy levels. When compared to foods such as chocolate whose sugars are processed quickly by the body, beetroot, which is also low in calories, makes its energy boost last a great deal longer.

4. Beetroot is high in vitamins and minerals

Because they are high in vitamin B and iron, beetroot is especially beneficial to those women who are pregnant. Vitamin B and iron are necessary for the growth of new cells as well as replenishing the iron levels that often dip at this time of life. In addition, beetroot is high in the following vitamins and minerals: fiber, phosphorus, potassium, folic acid, beta-carotene, vitamin A, magnesium, vitamin C and betacyanin.

5. Beetroot helps cleanse the body

Beetroot works to cleanse and clarify the liver. It can also purify the blood and has been shown to help prevent some forms of cancer. Eating beetroot can also indicate whether a person has low amounts of stomach acid. This is shown if their urine turns pink.

Adding beetroot to the diet is easy. Many people simply add beetroot that is mashed and cooked to their smoothies. Another way to prepare it is by thinly slicing it before drizzling with olive oil and broiling it.

Sources for this article include:

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