

## Benefits of Beets Documented to Defeat Cancer

*By Jonathan Landsman, Natural News*



Beets have long been known as a healthy source of nutrients, but – now, more than ever - scientific evidence continues to support beets as a natural cure for cancer. Labeled "beet root chemotherapy" by some health experts, actual scientific **research reveals the astounding cases of remission in cancer patients who were given high concentrations of beet root.**

This root vegetable, best known for its red color, has been enjoyed in various forms for generations as a healthy source of iron, as well as potassium, phosphorus, calcium, sulfur, magnesium, iodine and a number of trace minerals. But, the combination of certain elements found only in specific combinations and concentrations within the beet give this veggie its cancer fighting and disease preventing powers.

### **Scientific evidence reveals the cancer-fighting power of beets**

One of the most-often cited studies of work relating to the benefits of beet juice and cancer-fighting properties of beets is that of Dr. Alexander Ferenczi at the Department for Internal Diseases, Csoma, Hungary, in the late 1950s. Using nothing but raw, red beets, the doctor was able to record amazing results of remission in cancer patients. Decades later, his work would be republished in the Australian International Clinical Nutrition Review.

In one study, a 50-year-old man suffering from a lung tumor, which corresponded clinically to lung cancer, was treated with beet root by Dr. Ferenczi. In just six weeks, the tumor had disappeared and after four months, the man gained back just over 20 pounds. His blood work results corresponded to clinical recovery.

In another study, a prostate cancer sufferer and uterine cancer patient were both admitted to the hospital. At the time of admission, both weighed the same. The man with the prostate

cancer received beet root treatment, but the doctor noted that the uterine cancer patient could not take it. Although he had been bedridden with a catheter when admitted, the man was able to have his catheter removed after a month, and soon began walking around and putting back on weight. The female patient, however, continued to lose weight. After just three months, there was a weight difference of over 23 lbs. between the two.

The fact that other iron-rich foods do not have the same effect could mean the benefits of beets and **the secret to beet root's ability to ward off cancer may lie in the red color**. Dr. Ferenczi, along with his co-worker Dr. S. Schmidt, believed that the traces of rubidium and caesium were critical.

They also noted that while other foods contained iron, the human body is able to assimilate iron from the beet root more readily than almost any other known food. Researchers suspect some catalyst in the beet root which helps the body more easily use the available iron.

### **The best way to consume beets to defeat cancer**

Because beets are a vegetable and healthy to eat, the biggest advantage to the cancer-fighting benefits of beet juice is that you do not have to worry about harmful side effects from their consumption. To beat cancer, it is best to administer beet root in its most concentrated form. Beet root is available in many different forms, although beet powder is probably the most popular and can be found in most health food stores.

It is believed that one level tablespoonful in 8 fluid ounces of water or juice every morning before breakfast can dramatically improve your resistance to cancer. For those already suffering from some type of cancer, double or triple the amount each day. Just remember to always take this concentrated form of beets with meals and never on an empty stomach.

**One word of caution:** Be careful not to administer too much of the concentrated beet root at any given time due to its ability to act quickly in breaking down cancer cells. Obviously, cancer patients need to be careful - and work with a qualified healthcare provider - because the effect can result in too many toxins for the body to eliminate. Some advocates for this natural cancer treatment suggest going through a colon and liver detox process prior to the consumption of beet root concentrate - to avoid health issues related to the rapid breakdown of waste products.

Ultimately, to fully heal from a cancer diagnosis, one must regain healthy digestive (and elimination) function; remove unwanted toxins from entering or residing in the body and resolve any emotional issues or other excessively stressful situations like dental problems, systemic infections and overexposure to EMF pollution.