

QUICK REFERENCE SHEET

BEET ROOT

Beta vulgaris rubra



Part Utilized:
Root



PROPERTIES:

Liver Cleanse, Nutritive, Alterative, Anti-inflammatory

SYSTEMS AFFECTED:

Liver, Circulatory, Blood, Brain, Nervous

POSSIBLE USES:

liver cleanse, blood pressure, building the blood (anemia)

INGREDIENT IN:

LC

GENERAL INFORMATION:

Raw Beet Root is both cleansing and nourishing for the liver—more cleansing than nourishing. Care should be taken to use only a very small portion at a time as its cleansing properties are really strong and dramatic!

Beet Root is the new super-food in athletic and health circles at the moment. A 2008 study (takes time for information to reach the public and doctors) suggests that blood pressure was significantly lowered when beets—cooked, not raw—were consumed regularly. Midwives have long recognized beets, along with molasses and chlorophyll (green leafy things), as an excellent way to rebuild the blood after hemorrhage or heavy bleeding.

Other studies indicate that beets may slow the progression of dementia and improve oxygenation to the brain. Choline is an important nutrient found in beets. This versatile nutrient maintains the structure of cellular membranes, is needed for nerve impulse transmission, assists in the metabolism of fats, and reduces chronic inflammation (to name just a few of its important functions).

Beet Root is a rich source of folate, manganese, thiamine, riboflavin, vitamin B-6, pantothenic acid, choline, magnesium, phosphorus, potassium, zinc, copper, and selenium. Beets are high in a naturally occurring nitrate (not the nasty man-made kind) that is believed to be the reason for many of the health benefits of Beets. This nitrate is the subject of ongoing studies.