VEGGIES & FRUITS

This Vegetable Returns the Vision, Cleanses the Fat From the Liver and Colon

By bestfolkmedicine · 25/10/2018 · 3 min read

In the modern world, chronic disease such as heard disease, strokes, diabetes, and cancer affect billions of people. High amounts of stress, poor diet, and bad habits such as consumption of alcohol and tobacco, all contribute to the occurrence and spreading of these diseases.

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We are all familiar with the fact that consuming fruits and vegetables is beneficial to our health, but how much can they actually contribute?

The answer to this question is far from simple, and the short answer is: not a lot.

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Poor diet, alcohol and tobacco use, no physical activity, and other bad habits are all major contributors to the massive rise of chronic illnesses, and no amount of fruits and vegetables can reverse the damage that years and decades of neglecting your health have done.

However, a fairly new research is showing that there is hope, and that it is in a form of the humble beetroot.

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If someone asked us what fruits and vegetables we were thinking about when they mention *super-foods*, most of us think about avocado, coconut oil, almonds, turmeric, and beetroot would probably be the last thing on our mind when answering that question.

Beetroot is, to our benefit, being proven to be one of the most efficient vegetables that help us combat illnesses and chronic disease.

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The benefits of beetroot are numerous, and new uses are being discovered daily. Some of those benefits include improved vision, and elimination of liver fat, as well as colon cleansing and prevention of colon cancer.

The easiest method of incorporating beets into your daily diet is through a beetroot juice, and here is what you'll need to make one:

- **1 organic beet**
- **2 organic carrots**
- **4 organic oranges**

Add all of the ingredients to a blender, blend until smooth, and consume immediately.

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This simple beetroot based juice offers dozens of benefits and some of them are:

- It boost brain activity, due to the high content of *betaine*and *tryptophan*
- It helps fight cancer, as it's rich in antioxidants
- It aids blood circulation and thus protects against stroke and heart disease

Instead of having a cup of coffee every morning for that pick-me-up, try consuming a vegetable smoothie. Not only is it delicious, but it will keep you healthy and vital throughout the day, and there will be no more need for that afternoon nap you need before.

What you'll need for this beetroot smoothie is just a few ingredients, and about 10 minutes of your time. The ingredients are:

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- 1 small red beet, trimmed and peeled
- 1 large apple, cored
- 1 stalk of celery
- 1 cup of carrot juice
- 1 cup of almond milk

- 2/3 cup of sliced peaches (you can use frozen)
- 1-inch piece of ginger, peeled and sliced

Instructions:

- Chop the beet, apple, and celery roughly
- Add all of the ingredients to a blender and blend until smooth
- Taste for sweetness and add fruit if it’s not sweet enough for you
- Consume immediately

The total nutritional value of this smoothie is:

- Calories: 170
- Fat: 2g
- Saturated fat: 0,5g
- Sodium: 213mg
- Carbohydrates: 38g
- Fiber: 7g
- Sugar: 24g
- Protein: 4g

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