GRANDMA'S REMEDIES

Potent Natural & DIY Syrup: Elevates the Red Blood Cells & Boosts the Blood Count

By bestfolkmedicine · 16/01/2019 · 2 min read



Have you been feeling tired and lacking energy lately? If yes, it is maybe time to head to the doctor's office and check your blood count. Namely, a low blood count can cause the above-mentioned symptoms. Luckily for you, folk medicine has to offer one potent natural remedy, i.e. syrup made from all-natural ingredients.

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This concoction can help you boost your blood count successfully. For optimal results, you should consume the syrup twice per year, for a period of 15 to 20 days. Let us check out the recipe below together…

DIY Syrup Recipe to Increase Blood Count

You will need:

2.2 lbs of beets

1 lb of carrots

Juice from one lemon

Juice from 3 oranges

2 sour apples

17 ounces of raw honey

Glass bottles

Preparation: First, chop the apples, carrots, and beetroots into smaller chunks and then put them in the blender. Blend them for a minute or two and once the texture becomes homogeneous, turn off the blender. Add the lemon and orange juices too, as well as the honey, and blend once more. After a minute, turn off the blender and transfer the content into glass bottles.

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Use: Consume 100 ml of the syrup in the morning on an empty stomach.

The Health Benefits of Beets

- **Balance the blood pressure**

Beet juice can decrease high blood pressure. In one study, it was concluded that a glass of freshly-made beet juice lowered the systolic pressure by 4 to 5 points, on average. This is believed to be a result of the nitrates in beets which are transformed into nitric oxide in the body. Nitric oxide will relax and spread the blood vessels and thus, better the blood flow and minimize the blood pressure.

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- **Fight off inflammation**

Beets have betaine, a nutrient which keeps the cells, enzymes, and proteins safe from environmental stress. Moreover, it has anti-inflammatory power, protects the organs, boosts the performance, and may avert chronic illnesses.

- **Anti-cancer power**

The phytonutrients in beets may be able to keep cancer at bay. According to research, extract from beets successfully lowered formation of tumors in laboratory animals.

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- **Supports the body's detox processes**

The betalin pigments in beets enhance the process of breaking down toxins and their binding to other molecules so that they are eliminated from the body. Beets have the power to cleanse the blood and the liver.

- **Elevates the energy levels**

If you are in need of an additional energy boost for your next workout, opt for beet juice. This may have to do with the transformation of nitrates to nitric oxide and may decrease the oxygen spent for low-intensity workout and increase the tolerance for high-intensity workout.

Before heading out, do not forget to check out the video shown below and learn more about the healing properties of beets:

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Sources:

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