FRUITS & VEGGIES

Top 8 Health Benefits of Carrot Juice

By bestfolkmedicine · 08/03/2019 · 3 min read



If you do not eat carrots, you are definitely missing on a lot! This amazing veggie is abundant in nutrients, vitamins, and fiber. And, you do not just have to consume carrots to reap the benefits, but you can also opt for carrot juice.

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If you still have doubts about whether you should add this juice to your diet or not, continue reading the article. You will learn the eight most potent health benefits of carrot juice!

The 8 Amazing Health Benefits of Carrot Juice

- **Betters the eyesight**

We often hear that carrots are good for the eyes and there appears to be truth to the claim. Namely, as carrots are rich in beta-carotene which is a type of vitamin A, carrot juice is considered to be one of the most beneficial antioxidants. This vitamin will keep the surface of the eyes strong and better the vision. It will also help you decrease the risk of macular degeneration, blindness, and cataracts. Since they also have lutein, carrots will protect your eyes from damaging lights.

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- **Strengthens the immunity**

If you are constantly struggling with colds and the flu, it is time to boost your immunity. One beneficial way is to add carrot juice to your diet. It will help you strengthen the immunity and preserve optimal physical health. Carrots have antioxidant power that aids the body in the fight against free radical damage and inflammation while the vitamin C helps go through the cold and flu season easier.

- **Enhances brain function**

The beta-carotene in carrot juice may boost the cognitive function and lower the chance for memory issues and dementia. Thanks to its antioxidants, it will fight against oxidative stress which has been associated with brain cell damage and consequently, poor cognition.

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- **Improves skin quality**

People struggling with skin issues like psoriasis and rashes can benefit from adding carrot juice to their diet. Thanks to the vitamin C present in it, it will speed up the skin's recovery from trauma and lower inflammation.

- **Decreases cancer risk**

The antioxidants from carrot juice may help reduce the damage to the cell linked with cancer. According to a study, carrot juice extract was able to trigger cancer cell death in leukemia. In a study with younger men, it was concluded that a diet abundant in beta-carotene may help protect from prostate cancer.

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- **Betters the metabolism**

Carrot juice is filling, yet low on calories so it can be of great aid for people who want to lose weight. What's more, it will also elevate the secretion of bile and thus, boost the metabolic rate. Bile is a fluid which breaks down fat. In a study from 2006, the increase of bile flow boosted the metabolic rate and led to weight loss in laboratory mice.

- **Beneficial for pregnant women**

As it is abundant in folate, but potassium, calcium, magnesium, and vitamin A too, carrot juice is great for pregnancy and after pregnancy. It will assist the development of the bones and cartilage in the fetus while folate lowers the risk of birth defects. The vitamin A and C will protect the mother and fetus from free radical damage and boost their immunity.

- **Reduces bad cholesterol**

Carrot juice is a good source of potassium and can be of aid to keep the cholesterol levels balanced. When the cholesterol in the body is optimal, your risk of heart illness and strokes reduces.

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