DRINKS & SMOOTHIES

Ginger And Beet Juice To Help Reduce Inflammation And High Blood Pressure

By bestfolkmedicine · 06/08/2019 · 2 min read



Did you know that beets and beet juice can be of great aid for decreasing inflammation and high blood pressure?

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Namely, they're rich in nitrate that's transformed in the body into nitric oxide. This substance is known to better the blood flow by opening up the vessels and boosting the oxygen flow.

Moreover, beets contain betaine too, a nutrient which has been linked with reduced levels of some inflammatory markers, including tumor necrosis factor alpha, C-reactive protein, and interleukin-6.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

This being said, if you want to lower the inflammation in your body, start drinking this beet and ginger juice. Made with all-natural ingredients, it should be consumed several times per week for optimal advantages.

When it comes to juices and smoothies, they're an excellent way to add more veggies and fruits to your daily diet. Thanks to this nutritious juice, you will nourish your body and help with the detoxification.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

DIY Beet & Ginger Juice Recipe

You will need:

2 beets

2 apples

2-inch ginger root

1 lemon, peeled

A bunch of parsley

Preparation:

Juice the ingredients or blend them in your blender- whichever method you prefer. Then, transfer the content into a glass and drink it right away.

Beet's Amazing Health Benefits

Beets were found to possess antioxidant and anti-inflammatory properties which are pivotal in the fight against chronic inflammation that's been linked to heart illness, cancer, and Alzheimer's.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

Beetroot is also rich in lutein and zeaxanthin, antioxidants that help support the eye health. The betalains in beets help the body in the toxin neutralization and also aid the natural detoxification of

the body.

With the help of more beets in your diet, you will reap better blood flow, lower blood pressure, liver free of toxins, higher muscle strength, lower inflammation, and improvement of anemia and iron deficiency.

Sources:

LIVE LOVE FRUIT

THE HARVEST KITCHEN

Read online: https://bestfolkmedicine.com/2019/08/ginger-and-beet-juice-to-help-reduce-inflammation-and-high-blood-pressure/
Downloaded on 28/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.