



Naturally Red: Understanding the Remarkable Health Benefits of Beetroot

Beetroot is the most popular component of any salad or dressing. They add an instant color to the boring-looking bowl of food. The other widely accepted way to consume the beets is in the form of those interesting-looking red smoothies. However, apart from the aesthetics these ruby-red roots are chock-full of vitamins, fibers, and other nutrients, making them ultra-beneficial to your health, skin, and hair. Also, they are available in the pre-cut form online to cure your prepping stress. So no more excuses, [buy chopped vegetables online](#) and stop self-sabotaging your diet. Also, if you are still not convinced about their active consumption read along to know the amazing benefits of these roots.

Health Benefits of Consuming Beetroots

Helps to Control Blood Pressure

Studies show that beetroot juice could significantly lower levels of both systolic and diastolic blood pressure as they are high in nitrates. These nitrates convert into nitric oxide that dilates blood vessels to cause blood pressure levels to drop. This further helps to promote heart health and reduce the risk of stroke. It is more effective for systolic blood pressure, which is the pressure when your heart

contracts, rather than diastolic blood pressure, which is the pressure when your heart is relaxed. Also, raw beets are more effective than cooked ones. However, the effect of beets on blood pressure is only temporary. Thus, you need to consume them regularly to experience heart-health benefits over the long term. In addition, after menopause, blood pressure and heart disease risk increase. Hence, the consumption of beetroot can be highly beneficial for post-menopausal women.

Boosts Energy to Increase Exercise Capacity

Eating beets may enhance athletic performance by improving oxygen use and endurance. Several studies suggest that dietary nitrates like those found in beets may enhance athletic performance. This is attributed to nitrates' ability to improve the efficiency of mitochondria, which are responsible for producing energy in your cells. Also, they are low in fat and calories but high in water, which can help balance your energy intake. Furthermore, despite their low-calorie content, they contain moderate amounts of protein and fiber that can help in achieving and maintaining a moderate weight. The fiber in beets may also support digestive health, decrease appetite, and promote feelings of fullness, thereby reducing your overall calorie intake. Beetroot juice is perfect for even post-workout recovery as it helps to bring more oxygen to the muscle cells promoting an efficient recovery.

Possess Anti- Inflammatory and Anti- Cancer Properties

Beets contain betalains, which possess a number of anti-inflammatory properties. This can have multifold health effects as chronic inflammation has been associated with obesity, heart disease, diabetes, asthma, liver disease, and cancer. In addition, it can also potentially relieve discomfort of inflamed joints, such as knees, due to osteoarthritis. Further, beetroot contains several compounds including betaine, ferric acid, rutin, kaempferol, and caffeic acid that help to fight cancer. Additionally, beetroot extract can slow the division and growth of cancer cells.

Promotes Digestive Health

Beetroot contains fiber which bypasses digestion and travels to the colon, where it feeds friendly gut bacteria and adds bulk to stools. This can promote digestive health, keep you regular, and prevent digestive conditions like constipation, Inflammatory Bowel Disease (IBS), and diverticulitis. Alongside the fiber, betalains help increase the production of short-chain fatty acids by the beneficial bacteria that reside in the gut which have a number of positive effects on health.

Supports Brain Health

The nitrates in beets improve brain function by promoting the dilation of blood vessels and thus increasing blood flow to the brain. Particularly, beets have been shown to improve blood flow to the frontal lobe of the brain, an area associated with higher-level thinking like decision-making and working memory. Studies also suggest that a higher nitrate intake leads to a significant improvement in motor functions, including reaction time.

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Author's Bio

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