



Beets health benefits

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Beets have a wide array of health benefits that can take your health to greater heights. Even though most people go for the root alone, the leaves are edible too. The nutritional value of beets also shows the importance of following a diet rich in a variety of unprocessed plant foods. Here are some of the ways beets are beneficial to health

Cardiovascular well-being

Beets are extremely beneficial for promoting healthy blood pressure and other aspects of cardiovascular (heart and blood vessels) wellbeing. The high content of fiber is one reason for this benefit. Research on people's dietary patterns and incidence of cardiovascular disease shows that diets rich in fiber dramatically reduce the likelihood of heart disease, stroke, high blood pressure, cholesterol abnormalities and other conditions relating to the cardiovascular system. In addition to fiber, beets are packed with antioxidants which keep the entire cardiovascular system strong by minimizing inflammation.

Then beets are rich in nitrates which are instrumental for keeping blood vessels relaxed and dilated. This influence of nitrates on blood vessels is an underlying reason beets are considered a power food for blood pressure control. The condition of blood vessels has an enormous influence on blood pressure. Hardened and narrowed blood vessels substantially raise the risk of hypertension. Nitrate containing beets are able to keep blood vessels relaxed, providing a reliable platform for maintaining healthy blood pressure. Many credible studies have confirmed that beets possess immense anti hypertensive properties.

Also, the remarkable anti-stroke powers of beets cannot be ignored. By keeping blood vessels dilated, nitrates in beets increase the amount of blood and oxygen reaching the brain and this significantly slashes the likelihood of stroke. The risk of stroke goes up when blood flow to the brain is limited. The heart also benefits from improved circulation. With ample blood and oxygen supply to the heart, the risk of heart attack is tremendously lowered.

Additionally, beets provide potassium which is known to regulate blood pressure by maintaining proper fluid balance. Potassium is also vital for maintaining heart rhythm and having inadequate potassium may lead to abnormal heart rhythm.

The positive influence of beets on cardiovascular health is extremely important considering the current pattern of disease. Cardiovascular disease is the leading cause of premature death worldwide and the benefits of beets on cardiovascular health speak volumes about the role of healthy food in preventing premature deaths. Deaths due to stroke, high blood pressure, heart disease, and other cardiovascular-related conditions are highly preventable through lifestyle change that entails a diet rich in unprocessed plant food.

Athletic performance, healthy blood

Beets are good for improving exercise performance and boosting endurance. Again, the nitrate content of beets is at the center of this benefit. Staying active on a regular basis is an important part of a healthy lifestyle and eating beets and other foods that contain nitrates is instrumental for sustainable fitness. People who lack energy to stay active and struggle with exercise may find beets to be helpful. Beets are also great for maintaining healthy blood profile. This is due to the rich content of iron which is essential for blood production and distribution of oxygen.

Diabetes, cancer

Beets are a good food choice for controlling blood sugar. The fiber in beets works by enhancing insulin sensitivity which results in improved blood sugar control. And since beets are good for the heart, that is another reason for people with diabetes to eat them regularly. Heart health is a major concern among diabetics because uncontrolled blood sugar is very detrimental to the heart. Additionally, the antioxidants in beets substantially contribute to diabetes management because antioxidants improve the body's ability to control blood sugar. What's more, antioxidants in beets protect against cognitive decline, another likely health complication of uncontrolled diabetes. Nitrates are also important for diabetes management because they boost blood circulation. Diabetes is one disease that causes very poor blood circulation

and this is very harmful to the entire body. Poor circulation leads to serious complications like amputation, organ damage, and blindness.

Beets have powerful anticancer properties too. Once again, fiber is actively involved in fulfilling this task. Fiber-rich diets are closely associated with a reduced likelihood of cancer. With regards to colon cancer, fiber fights this type of cancer by inhibiting colon polyps which are abnormal growths on the inside of the colon and may turn cancerous overtime. Then antioxidants in beets counter cancer by neutralizing harmful radicals that cause damage to cells. Uncontrolled damage to body cells can lead to formation and development of cancer. Antioxidants in beets are also believed to slow tumor growth. The iron content of beets has also been mentioned as a reason for the anticancer qualities of beets. Iron boosts oxygen content of blood and this helps the body ward off cancer.

Sexual vitality

Beets are celebrated for their ability to boost sexual vitality in men and women. Again, nitrates are actively involved in delivering this benefit. Nitrates keep blood vessels dilated, allowing plenty of blood flow and oxygen supply to the genital area thereby improving sexual vitality. Inadequate blood flow to male genitals is a leading cause of erectile dysfunction. Additionally, the potassium in beets is important for muscle movements and this characteristic brings in more advantage towards sexual performance. Furthermore, by countering diseases that contribute to impotence and low sex drive, beets further boost sexual vitality. Diabetes, for instance, is known to put men at risk for impotence and by offsetting diabetes, beets help maintain sexual health.

Conclusion

Beets have so many benefits simply too many to list. The various health promoting attributes of beets also attest to the importance of a diet rich in unprocessed plant food. And healthy as beets may be, they are more useful when eaten as part of a healthy diet which has a wide variety of different healthy foods. People who eat beets may also notice a red tint in urine; this is normal and nothing to worry about.

Further reading

www.doctoroz.com/article/benefits-beet-juice

www.livestrong.com/article/410714-beets-urine-discoloration/articles.mercola.com/sites/articles/archive/2014/01/25/beets-health-benefits.aspx

www.livestrong.com/article/413049-why-are-beets-good-for-you/