

Title:

Beet - A Great Fighter Of Diseases

Word Count:

477

Summary:

Beetroot is one of the most common ingredients used in a salad. With a hard exterior the sweet

Even though they are very high on sugar their calorie content is very low. With the immense nu

Keywords:

Natural Cure of Beet, Beet juice, beetroot, home remedies from beet, beet care

Article Body:

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The level of antioxidant increases in liver. The cholesterol level also falls which is one of

Home Remedies from Beet

It is very useful in fighting anaemia as it contains potassium, phosphorus, calcium, sulfur, i

Beet gets rid of dandruff. By boiling the top and root of the beet in water and later the water

Having raw beet and even in juice form at least couple a times a day can refresh you and rejuv

Having carrot and beet juice or cucumber juice has known to work against allergies. A combinat

To fight appendicitis you should use the combination of beet and cucumber juice 100 ml, mixed

The beet juice is also known to be very useful to fight arteriosclerosis. It helps to keep the

Arthritis is a very problematic condition. You can fight it by having a green juice from any l

Warning: The reader of this article should exercise all precautionary measures while following

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