



DR. MADDEN'S FAMILY WELLNESS NEWSLETTER

MADDEN FAMILY CHIROPRACTIC

We Got The Beet: The Health Benefits of the Beet

While they may be a fad filler for the juices and smoothies of today, the ruby-colored vegetable is a wonder vegetable all on its own. Packed with nutrients and vitamins that run the gambit of health benefits, it is a vegetable often overlooked.

History of the Beet

While they may be a fad filler for the juices and smoothies of today, the ruby-colored vegetable is a wonder vegetable all on its own. Packed with nutrients and vitamins that run the gambit of health benefits, it is a vegetable often overlooked.

The beet can trace its roots (not pun intended) back to the coasts of the Mediterranean. They were originally harvested by the Greeks and Romans because their leaves were edible, and they called the vegetable itself a teutlon or teutlion because they resembled quid tentacles. The beet came to America in the early 19th century with European immigrants. By 1800, the bet was widely recognized for its bulbous root. While it had originated as black or white in color, by the 1800s, it had evolved into a deep red for the most common varieties, though some are still white or yellow in color. The Shakers were the first to sell beet seeds in tiny packets. Formally known as The United Society of Believers in Christ's Second Appearing, these were a Christian sect founded c. 1747 in England and then organized in the United States in the 1780s. Initially known as "Shaking Quakers" because of their ecstatic behavior during worship services, they helped home gardening to grow in popularity, allowing more people to learn about the wonder of the beet.

Health Benefits of the Beet

While they are known for their earthy flavor and aroma, beets are a superfood when it comes to the nutrients they provide. They are low in calories and high in vitamins and minerals. In fact, per the USDA, they contain almost all of the vitamins and minerals your body needs. They are high in nitrates, protein, and fiber, and low in fat. They contain folate, manganese, copper, potassium, magnesium, vitamin C, vitamin B6, and iron.

Cardio Benefits of the Beet

Because they are high in nitrates, beets can aid in cardiovascular health. Research suggests that beetroot supplementation has been reported to reduce blood pressure and reduce inflammation, among other things. Furthermore, it increases blood flow and oxygen uptake. This means that an individual can stay active longer without becoming fatigued.

Weight Loss Benefits of the Beet

Beets are high in fiber, which helps the consumer feel fuller longer. This makes the beet the ideal veggie for those who are watching their weight. It is also low in calories (100gm serving contains only 43 calories and 2.8 grams of fiber). Beets also contain vitamins B6 and C, which both aid in boosting the metabolism of carbohydrates and fats. They also contain potassium which helps in regulating fluid balance and therefore reducing water retention. And finally, beets contain nitrate, which increases blood flow and oxygen delivery to muscles. This aids in improving exercise and therefore aiding in the burning of more calories.



BEETS ARE A SUPERFOOD WHEN IT COMES TO THE NUTRIENTS THEY PROVIDE

Lowering Your Blood Sugar with the Beet

Beets have also been known to lower blood sugar and insulin. A study done found that drinking 225 milliliters of beetroot juice could significantly suppress post-meal glucose levels. It is recommended, however, that people with diabetes carefully monitor their beet intake as with all their food. Another study suggests that antioxidants, like those found in beets, can reduce oxidative stress (a bodily condition that happens when your antioxidant levels are low) and free radicals in the body. This means that the body will face a lower risk of diabetic complications.

Kids and Beets

Parents may not think of beets as the go-to veggie for their children, but this vegetable is a great option when trying to give your child a balanced diet. Besides giving them a good dose of fiber, beets give your child antioxidants known as betalains, carotenoids, and flavonoids. These aid in preventing illness and can increase their brain's health and productivity. Kids may not be super excited to try a new vegetable but remind them that there is a direct connection between what they eat and how they feel. The healthier their eat, the greater the chance they will have more energy, feel better and be more productive in their schoolwork. Beets can also improve a child's immunity, and for a parent, that is always a concern, especially during the fall and winter months.

Beet Recipes for Old and Young Alike

***Beet and Apple Salad**

- 4 large beets (2 1/2 pounds)
- 5 thyme sprigs
- 1/2 cup extra-virgin olive oil (plus more for drizzling)
- salt and freshly ground pepper
- 1/4 cup apple-cider vinegar
- 1 teaspoon Dijon mustard
- 3 tablespoons prepared horseradish
- 1/3 cup salted pistachios (chopped)
- 1 green apple (thinly sliced)

Directions:

1) Preheat the oven to 375 degrees. In a baking dish, lightly drizzle the beets and thyme with olive oil. Season with salt and pepper. Cover with foil and roast until the beets are tender, about 1 hour and 45 minutes. Let the beets cool, then peel the beets and dice them into 3/4 inch piece.

2) In a large bowl, whisk the vinegar with the mustard. Whisk in the remaining 1/2 cup of oil until emulsified. Add the horseradish and season with salt and pepper; toss with the beets and pistachios. Transfer the beets to a platter, top with the apple and serve.

Taken from: Food and Wine

***Little Gem Lettuce with Roasted Beets and Feta Dressing**

- 1 tablespoon cumin seeds
- 1 teaspoon flaky sea salt
- 4 beets (2 pounds), peeled and cut into wedges

- 2 medium red onions, cut into wedges
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 2 teaspoon honey
- 3/4 cup crumbled feta cheese
- 2 tablespoons plain Greek yogurt
- 1/2 teaspoon grated lemon zest
- pepper
- 2 heads of Little Gem or baby romaine lettuce (10 oz)
- chopped cilantro and mint, for garnish

Directions:

1) Preheat the oven to 375 degrees. In a small skillet, toast cumin seeds over low heat until fragrant, 2 minutes; let cool.

2) In a mortar, coarsely grind cumin seeds with the salt. Transfer to a bowl and add beets, onions, and olive oil; toss to coat. Scrape the vegetables onto rimmed baking sheet and roast about 1 hour, stirring occasionally, until tender. Let cool to room temperature.

3) In a bowl, whisk lemon juice and honey. In another bowl, mix the feta, yogurt, and lemon zest so it remains a bit chunky. Season with pepper.

4) Arrange the lettuce on plates. Top with the beets and onions and drizzle the lemon honey on top. Dollop feta dressing on the salad; season with salt and pepper; garnish with cilantro and mint, and serve.

Taken from: Food and Wine

The Chiropractic Factor

Because beets are rich in nitrates, which reduce inflammation by removing harmful compounds from your bloodstream, they can be beneficial to your chiropractic care. This combination of betalains and nitrates in beets make them a great choice for people with inflammatory conditions such as rheumatoid arthritis or fibromyalgia.

Parents report back that when their child received regular chiropractic adjustments their child's immune system improves. With any cold season your children can also benefit from a little extra vitamin C with beets being a part of their diet.

RESOURCES: DR. CLAUDIA ANRIG @ GENERATIONS

**DEAR PATIENT,
DR. MADDEN IS DEDICATED TO PROVIDING YOU WITH THE ABSOLUTE BEST IN FAMILY WELLNESS CARE. SO TAKE A MOMENT TODAY TO DISCUSS WITH YOUR FAMILY WELLNESS CHIROPRACTOR ANY CONCERNS YOU MAY HAVE REGARDING YOUR FAMILY'S OVERALL HEALTH AND WELLNESS.**

**MADDEN FAMILY CHIROPRACTIC
DR. ASHLEY MADDEN
1545 HOTEL CIRCLE SOUTH, SUITE 270
SAN DIEGO, CA 92108
619-738-0933**