Scientific Research Declares Beet as a Wonder Food According to BeWellBuzz.com Report

Man’s search for the perfect food for health and wellness may have been answered recently with recent findings released by Mikhail Tombak, Ph.D. After conducting significant research, Tombak, a world-renowned Russian longevity researcher went on record to establish that the beet can now be regarded as one of the numerous superfoods that are a must-have in our daily diets.

Las Vegas, Nevada (PRWEB) February 21, 2012 -- Man’s search for the perfect food for health and wellness may have been answered recently with recent findings released by Mikhail Tombak, Ph.D. After conducting significant research, Tombak, a world-renowned Russian longevity researcher went on record to establish that the beet can now be regarded as one of the numerous superfoods that are a must-have in our daily diets. Further examples of the power of the standard beet were recently released on the pages of the internet’s portal for Health and Wellness information; BeWellBuzz.com.

According to BeWellBuzz.com, as well as the scientific research provided by Dr. Tombak, the health benefits of beet have often played second fiddle to other ‘wonder foods’ on the horizon simply due to preference or lack of common knowledge. For instance, research shows and proves young beet leaves have a higher concentration of iron than spinach. Beets are rich in phytonutrients that have detoxification, antioxidant, and anti-inflammatory properties, and this vegetable can also control hypertension and heart attack risks, as confirmed by scientists at the London School of Medicine and Bart’s Hospital in London.

Additionally, an Italian study revealed that beets are one of the best sources of lutein and zeaxanthin, forms of beta carotene that are highly beneficial for eye health. However, what is most astounding is the potential use of this vegetable as an anti-cancer agent. In several laboratory studies conducted on tumour cells in humans, it was found that beets have the ability to significantly curb tumour growth. Beet contains high traces of Vitamin C, and its roots are a storehouse of phosphorus, folic acid, Vitamin B6, and magnesium.

A recent report published by Translational Science Center Director Daniel Kim-Shapiro suggests beet is also good for the brain. Kim-Shapiro’s team, which conducted a study on the ability of a nitrate-rich diet to prevent and control dementia and poor cognition, published its findings in Nitric Oxide: Biology and Chemistry. As per their conclusions, the daily consumption of beet juice boosted blood flow to the brain, which in turn restricted frontal lobe degeneration due to dementia. What’s more- beet contains betaine, which enhances serotonin production in the brain. In other words, beet is a mood enhancer as well.

The scientific community is convinced that the simple beet is one of the world’s most powerful super-foods. However, the reports of experts only cover their research. For practical applications on how to best include beet in your diet, head over to noted health portal Bewellbuzz.com. This site has compiled an article of the innumerable benefits of this vegetable which is guaranteed to take you by surprise. The site also offers comprehensive information, updates, news, and advice on all things health, wellness, and fitness. The article on the best 10 reasons to eat beets can be found directly by clicking the link provided below.

http://www.bewellbuzz.com/nutrition/10-reasons-eat-beets
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