



BEETROOT TEA FOR INFLAMMATION AND LIVER DAMAGE

Posted on September 19, 2022 by Peta Stange

Your liver is responsible for at least 500 different functions and taking care of it is usually a no-brainer; just eat healthy and minimize alcohol intake and it will take care of detoxifying the organs and blood, producing hormones, synthesizing bile for digestion, making proteins, breaking down red blood cells and much, much more.

When your liver is healthy, it produces the right concentration of enzymes for breaking down proteins so that your body can readily absorb them.

But when your liver is damaged or diseased, it can produce too many of these enzymes which can make their way into your blood. Essentially you have a whole bunch of these enzymes going wild and wreaking havoc, breaking down the proteins in your red blood cells instead of staying reasonably contained within the liver.

There are several ways to reduce liver enzyme production, but beetroots are particularly good for the following reasons:

- High in folate, which people with liver dysfunction can be deficient in
- No fat content
- High in the amino acid [betaine](#) which protects the [liver](#) and is a good [anti-inflammatory](#)
- High in nitrates which stimulate [vasodilation](#)
- A good variety of minerals

And the great thing about beetroot tea is that you can either use the whole beetroot or just the peeled skin. It's a good way to use food "waste".

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Beetroot Overall Benefits

In addition to a healthy liver, there are numerous other benefits to beetroots, including;

- [Anti-tumor](#) and anti-cancer
- Can stimulate [iron absorption](#) in the intestinal tract.
- Reduces [blood pressure](#) and [hypertension](#)
- Reduces indigestion.
- Increases [iron absorption](#)

Related: [How to Treat Cough With Beets](#)

Beetroot Tea for Inflammation and Liver Damage - Recipe

When it comes to the liver specifically, beetroot can...

- Reduce the [size](#) of the liver in those with fatty liver disease.
- Reduce the over-production of [enzymes](#) in the liver.
- Reduce [systemic](#), [arthritic](#), and [kidney](#) inflammation.
- Reduce [cholesterol](#) and total lipids.
- Protect the liver ([hepatoprotective](#)) and reduce the risk of liver diseases.

Beetroots are also incredibly quick and easy to grow, even in pots, so if you're concerned about your liver health, then try the beetroot tea below.

Ingredients

For this recipe, a fresh, raw beetroot is recommended. Canned beetroots tend to be higher in salt and lower in vitamins, especially folate which a damaged liver is usually deficient in.

- 1 raw beetroot
- 1 ½ cups of water

Method

Grate the beetroot and place 2 - 3 tablespoons into a small pot with 1 ½ cups of water. Slowly bring the water and beetroot to a gentle simmer and allow to simmer for a further minute

Remove from the heat, strain, and drink up.

Most people who enjoy a healthy diet and regular exercise don't need to worry about the liver; it can handle itself most of the time. In fact, handling toxins is what it does best! But when the liver is damaged through disease (or over-indulging), then a 12-week daily dose of beetroot tea can help to protect and heal the liver... although potentially stain your fingers and benchtops!

▣ [3 Warning Signs That You Have a Fatty Liver](#)

Comments



The Lost Herbs - 2022-09-26 03:17:07

Hi Robert, Beet kvass has been used traditionally to enhance immune function, cleanse the blood, treat allergies, digestive issues, and exhaustion. It is especially beneficial for people who have constipation or a sluggish liver. Many blessings and good health!



The Lost Herbs - 2022-09-26 03:10:08

Hi Houston, Yes, if you want to, you can drink the juice from canned beets. The juice from canned beets is entirely safe to consume, regardless of whether it is just simple water or contains salt. It can also be used in soups, smoothies, and baking. Pickled beets may lower blood sugar and insulin levels while enhancing heart health, athletic performance, and digestion. Because pickled beets are fermented, they are rich in probiotics. Many blessings and good health!



Houston - 2022-09-24 08:04:23

My wife buys pickled beets from the store. I usually eat the beets and drink the juice. Is this a good idea?



Amy - 2022-09-21 00:47:10

My first red-beet urine was after I finished running a 5k... and I wondered if I'd really hurt myself. ☹️



Robert - 2022-09-20 12:32:16

Can I ferment the juice into Kvass and receive the same benefits?



The Lost Herbs - 2022-09-20 06:44:56

Hi Colin, Thank you for your kind comment! We are happy to hear you enjoy our recipes! Many blessings and good health!



The Lost Herbs - 2022-09-20 06:43:54

Hi Nicole, Eating beets raw is indeed one of the healthiest ways to eat beets. Beets don't have to be cooked for you to enjoy them, but both eating beets and drinking beet juice or beet tea will give you anti-inflammatory betalains and other phytonutrients. The only thing you'll be missing out on is the fiber content of a whole beet. However, eating a whole beetroot is not always easy. The beet tea delivers a concentrated dose of nitrates, antioxidants, vitamins and minerals. Many blessings and good health!



The Lost Herbs - 2022-09-20 06:39:53

Hi Tanya, You can get anti-inflammatory betalains and other phytonutrients by consuming beet juice or tea. Beet juice may indeed include higher concentrations of nitrates, antioxidants, vitamins, and minerals. You can read the articles below. They both have beetroot juice recipes:

<https://thelostherbs.com/homemade-white-cell-boosting-juice/>

<https://thelostherbs.com/homemade-juice-for-blood-pressure/> Many blessings and good health!



The Lost Herbs - 2022-09-20 06:36:37

Hi Bobbi, Thank you for your comment. We are happy to hear you enjoyed the recipe. Many blessings and good health!



The Lost Herbs - 2022-09-20 06:35:11

Hi Phil, You can eat beet greens raw or cooked. Lots of nitrates are included in beet greens, which reduce blood pressure. Additionally, nitrates raise oxygen levels within the body, which enhances exercise performance and athletic ability. In addition to reducing inflammation and supporting digestive and brain health, beet greens also have anti-cancer qualities. Many blessings and good health!



The Lost Herbs - 2022-09-20 06:29:55

Hi Sam, Beetroot juice is best enjoyed fresh, but it can last for up to three days in the fridge. It is best to store the fresh juice in an airtight container. Many blessings and good health!



Colin Tutbury - 2022-09-20 02:47:51

Thank you very much certainly will enjoy these recipes



George - 2022-09-20 01:36:11

Great to grow, colour is awesome, all is edible, a sense of humour (red pee),super strong to drink raw, like drinking stout , beneficial little beets they be.



Nicole - 2022-09-19 20:48:20

Why does everything on here have to be made into a tea? It feels like the word 'tea' appears in more of these emails than not. Just eat some beet root or beet greens once in a while and stop throwing away the benefits of the plant like the fiber.



Jan-b - 2022-09-19 19:30:31

Last time (and only time) I drank beetroot juice ☹️ I ended up going to the Doctor because my urine and faeces were bright reddish. I thought I was bleeding internally. Haha! Luckily it was the beetroot making this discolouration. I will certainly try this recipe. Thank you.



George Maben - 2022-09-19 18:58:27

Don't overlook the goodness of the tops (stems and leaves). They are good as a green vegetable like spinach or swiss chard. they contain vitamins and minerals as well as the root bulb and have good fiber. They aren't bad tasting either.



Fiona - 2022-09-19 18:23:28

Hi Nicole - I could defo eat a whole beet a day grated with apple cider vinegar. Can you let me know if this is ok or if I should defo stick to the team - I really need this and start immediately as my liver is not happy due to Type 1 diabetes. Do hope to hear from you!



Phil Poole - 2022-09-19 18:02:06

I cooked and bottled some beets last week and wondered if the foilage would be of any use. I usually just compost it.



Sam - 2022-09-19 17:13:52

Can this be made in advance and warmed up?



The Lost Herbs - 2022-09-19 16:22:32

Hi Don, The beetroot powder benefits are pretty much identical to that of regular beets but you don't have to consume ten beets a day to reap the rewards. An average serving of beets contains anywhere from 3% to 16% of your recommended daily intake of nutrients. However, beetroot powder contains higher concentrations of all these incredible substances. Just one teaspoon of your beetroot powder is the equivalent of an entire beet. You can add beetroot powder to smoothies, baked goods, soups, and other recipes to provide nutrients and a subtle sweet flavor. When it comes to choosing a premium beetroot powder, quality ingredients are the most important thing. Many brands also add artificial flavors and sweeteners to enhance the taste of their powders so make sure any added sweetener is naturally sourced since synthetic sugar could cause unnecessary weight gain and other undesirable side effects in some people. You can also make your own beetroot powder at home. Thoroughly wash your beets. Grate them, and place on a parchment lined baking sheet. Allow to dry in the sun for at least 48 hours until dehydrated. Alternatively, place in a preheated oven to 180F and roast for 20 minutes before tossing, then an additional 20 until crispy. You can also use a dehydrator. Transfer your beets to a coffee grinder or blender and grind until a powder consistency is achieved. Many blessings and good health!



Don - 2022-09-19 14:12:21

Lots of powdered beet products on the market today, just mix in your favorite liquid. Are these products as good as they advertise?



The Lost Herbs - 2022-09-19 11:56:01

Hi Sonshine, One of the big selling points of beets is their versatility. There are so many interesting ways to include them in your diet, and one such is the tea. But in the end, it's a personal choice. Both drinking beet juice and beet tea will give you anti-inflammatory betalains and other phytonutrients. Juicing beets might deliver indeed a more concentrated dose of nitrates, antioxidants, vitamins and minerals. Here are some great recipes for beetroot juice: <https://thelostherbs.com/homemade-white-cell-boosting-juice/> <https://thelostherbs.com/homemade-juice-for-blood-pressure/> Many blessings and good health!



The Lost Herbs - 2022-09-19 11:38:08

Hi Kiah, Beetroot has a distinctive earthy flavor and aroma. Yet beets also have a hint of natural sweetness and tanginess. In addition to beet, you can also add ginger, lemon, or honey to your tea if you don't like the taste of beet. One of the great things about beet juice is that you can feel the effects in as little as three hours. For the best results, drink one to two cups. But in your case, you can start with 1/2 cup or 1 cup and slowly adjust. Many blessings and good health!



The Lost Herbs - 2022-09-19 11:35:26

Hi Sue, There is no difference in the classification of the beetroot versus the classification of the beet. They both belong to the beet species, known scientifically as *Beta vulgaris*. "Beets" and "beet roots" are called such in different parts of the world. For example, Canada and the United States call the beet plant "beets", while most other locations in the world call it the beetroot plant. All parts of fresh beets can be eaten raw or cooked. Recipes for cooking the roots may include roasting, boiling, microwaving, steaming, or pickling. While they can be eaten raw, leaves and stems are often sautéed or added to liquid to cook. In this recipe, the root is used. And yes, the root is the organ that generally grows into the soil in developed plants. Many blessings and good health!



Catherine - 2022-09-19 11:23:37

Hi Sue, It would be the beet (part that grows underground) not the greens.



Nicki - 2022-09-19 11:23:10

Yes, Beetroot is a root vegetable also known as red beet, table beet, garden beet or just beet



The Lost Herbs - 2022-09-19 11:21:55

Hi Lorel, Eating beets raw is indeed one of the healthiest ways to eat beets. Beets don't have to be cooked for you to enjoy them, but both eating beets and drinking beet juice or beet tea will give you anti-inflammatory betalains and other phytonutrients. The only thing you'll be missing out on is the fiber content of a whole beet. However, eating a whole beetroot is not always easy. The beet tea delivers a concentrated dose of nitrates, antioxidants, vitamins and minerals. Many blessings and good health!



NanLostHerbs - 2022-09-19 11:21:41

I agree with all posted questions/comments here. A raw beet is super healthy, beet juice is an amazing immune boost and liver support, and roasted beets are great sources of fiber in addition to everything else.



Kiah - 2022-09-19 11:21:28

Does raw beet taste nasty? Drinking a cup 1/2 is a lot. Last time I had beet juice was mixed with apple. My heart was racing and I was on the toilet for the entire day. But I drank 3 cups at that time and that was back in the late 90's. I haven't had beet juice since.



Sue Renfrow - 2022-09-19 11:05:43

When you mention "beet root" are you referring to the actual beet growing underground, or the stalk above ground? I've never heard of a beet as "beet root" and I want to make sure I am working with the correct end of the plant.



Lorel Wrightson - 2022-09-19 10:29:36

Why not just eat the whole beat?



Bobbi Harvey - 2022-09-19 10:29:09

Looks great.



Tanya - 2022-09-19 10:25:53

I was thinking thesame about that raw beetroot juice maybe better??



SonShine - 2022-09-19 10:22:50

Given the damage heat does to enzymes, vitamins, etc, might juicing a raw beet root be preferred? Or, does heating have a role in making certain of these more bioavailable? Thank!