



Why Beet Juice is Good for You and Your Gut Health.

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Beet Juice is the Perfect Castor Oil Pack Companion

So you love your beets, do you? Perhaps it's because of their soluble fiber that helps you stay quite regular? Or maybe it's because your integrative/functional medicine practitioner or health coach suggested that beets help clean your blood and support liver health and metabolism due to their color?

How exactly do they do this? If you've ever wondered...

- Why drink beet juice instead of eating beets on their own?
- How is beet juice good for my gut health and my microbiome?
- Why beet juice is the perfect companion to your Castor Oil Pack practice?
- A special easy beet juice recipe for liver cleansing and gut health with simple ingredients to maximize all the benefits of beets so you can start balancing your liver detox and your microbiome

The best part? You probably already have the ingredients in your kitchen cupboard, and you don't need a fancy juicer or blender.

Easy Right?

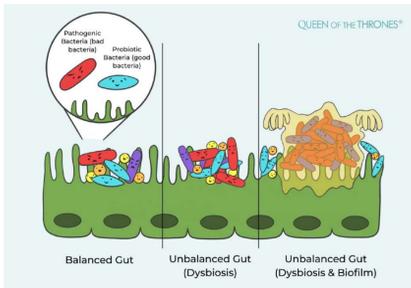
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So, you might be wondering...

Why drink beet juice instead of eating beets on their own?

First off, all on its own, this hearty, nourishing, dark red root vegetable is an excellent source of essential nutrients like vitamin C among many others. It has been suggested eclectically, according to the doctrine of signatures¹, to clean the blood because of its red color. And beet juice has a prebiotic-like effect² which helps to feed your good gut bacteria, supporting better digestion, absorption and elimination.

Plus, beet juice is also known for nitric oxide, which enhances blood circulation³ and increases oxygen levels in the body. BUT, the best thing about nitric oxide is that it can help break down biofilm⁴ in your gut.



Why does this matter? Well, think of biofilm like how your mouth and teeth feel before you get a good cleaning at the dentist. You see, biofilm is one of the hardest things to take care of when it comes to your microbiome and gut healing. Especially in chronic diseases like Lyme or autoimmune conditions like Hashimoto's thyroiditis.

Biofilm is the barrier that bad bacteria creates in a sick environment to protect itself, and doesn't allow any of our nutrients or any of our prebiotics and probiotics to help regulate and balance the microbiome. You see, at this moment in time, there are very few effective natural biofilm reducers.

The nitric oxide in beet juice is a natural biofilm reducer, similar to Castor Oil⁵. So, beet juice combined with your daily Queen of the Thrones® Castor Oil Pack for Liver practice is your new and easy way to support your microbiome and promote a healthy gut environment.

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Alongside nitric oxide, another healthy component in your new beet juice recipe is glycine, an amino acid that supports liver detox as well as reduces anxiety.⁶

So yes, beets are great on their own, but your new beet juice recipe for liver cleansing and gut health includes a powerful mix of ingredients that supercharge all the benefits you get from this superfood (beets!).

So, now you might be asking...

Gluten is a protein commonly found in barley, wheat, and rye.

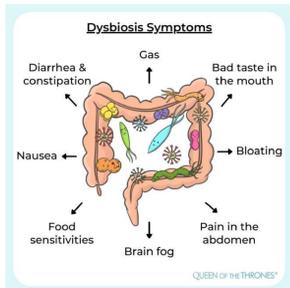
If you have tried gluten-free cookies, you know they are typically drier and crumble easily.

This is because gluten protein provides the elasticity associated with pasta and baked products.

And these gluten-free products are becoming increasingly popular, as the media has made many believe that this protein is bad for your health. Sound familiar?

But before getting on the gluten-free bandwagon, let's understand whether it's really all bad.

How is beet juice good for gut & microbiome health?



This recipe takes the most well-known and sought-after benefits of beet juice...

- Betaine for support of good stomach acid production⁷
- Glycine for liver detox and calming the nervous system so it can heal
- Nitric oxide which augments oxygenation, circulation and biofilm breakdown

And synergizes them with the exact right ingredients that not only help with liver detox and gut health but also support mucosal immunity and microbiome balance.

Now that's beautiful.

Why is this essential? Because, where there is gut inflammation or microbiome imbalance (known as dysbiosis), this can cause hormones to become imbalanced in your whole body.

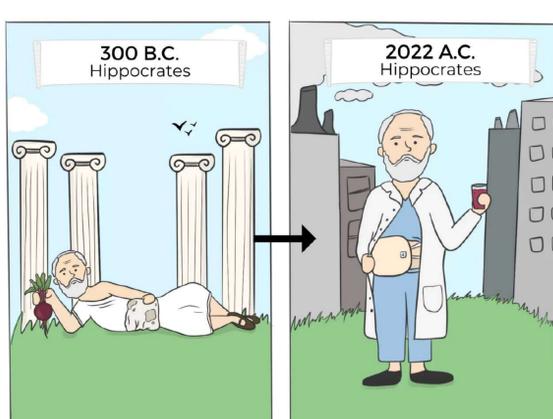
And when hormones are imbalanced, it can cause/disrupt conditions like Leaky Gut Syndrome⁸ (the result of an irritated and compromised gut lining), and the progression of disease; not health. Makes sense, right?

So, how do we allow food to be our medicine once more and not a constant irritant to an inflamed gut lining⁹? Because as Hippocrates said, "All disease begins in the gut."

We choose to regularly consume food items like your easy new beet juice recipe, while also supporting this habit with gut health practices like the Queen of the Thrones® Castor Oil Pack for Liver. Yes, it can be that easy, with practice!

You see, both work together so your food can once again nourish your body, instead of insulting it and causing food sensitivities, as it can with an inflamed gut. Sounds amazing, agreed?

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An easy beet juice recipe for gut & microbiome health

Yes, there is! This unique combination of ingredients act synergistically so your body can fully utilize the liver detox and gut health components of beets and work to calm and balance your gut and microbiome.

Your new recipe includes 3 key ingredients, in addition to beets...

1. **Apple Cider Vinegar** – a well known probiotic ingredient that supports a healthy microbiome¹⁰. Used to support acid-base balance for gut health and liver detox¹¹.
2. **Cayenne Pepper** – a stimulating spice that increases butyrate producing probiotics¹². Butyrate is a short chain fatty acid that is a potent gut health regulator and reducer of chronic gut inflammation, improving conditions like leaky gut and dysbiosis¹³.
3. **Extra Virgin Olive Oil** – the omegas and polyphenol components in this oil are a key aspect of the beneficial effects of the Mediterranean diet¹⁴. It also modulates the microbiome to support the production of short chain fatty acids, key in gut health and mechanisms to revive a Leaky Gut¹⁵.

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- **Betaine** - B vitamin needed for healthy stomach acid
- **Glycine** - great for your brain, liver cleansing & gut health
- **Probiotics** - healthy microbiome balance
- **Capsaicin** - anti-inflammatory & supports circulation
- **Nitric oxide** - enhances cleansing, circulation & oxygen in the body
- **Quercetin** - great for stomach acid, digestion & absorption
- **Omega 3 & 6** - anti-inflammatory & heart health
- **Vitamin E** - antioxidant great for detox

The best part? Plus, when you combine beet juice intake with a daily Queen of the Thrones® Castor Oil Pack practice, the result is a powerful anti-inflammatory duo¹⁶, one that was developed by a Naturopathic Doctor and is used by many Functional and Integrative Medical Practitioners to support liver detox and gut health.

But how? Well, because the gut health and liver detox beet juice recipe is similar to a gut health supplement and supports your gut by nourishing a leaky gut from the inside out. All of this takes place while the Queen of the Thrones® Castor Oil Pack for Liver balances from the outside in, like yin and yang energy, restoring the body. So amazing, agreed?

Together, both practices promote gut health and relief from the symptoms of Leaky Gut Syndrome so you can feel more energized, balanced and wake up like new each day because you did something for you!

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