

JUICING FOR BLOOD HEALTH



Juice is refreshing and delicious and a great way to get your daily dose of vitamins and minerals, but did you know it can also improve blood circulation? Juice has the ability to increase oxygen levels in the body and boost your metabolism. Whether its apple or lemon juice, any type will work!

Drinking juice can help to reduce the chances of developing high blood pressure, heart disease, and even strokes. Drinking juice can have a positive impact on your overall health, but especially on the health of your blood!

Recent advice is to drink at least eight glasses (64 ounces) of water every day to keep your blood clean and flowing. But water can be boring. So drinking juice helps to increase your daily quota and tastes loads better.

How juice helps cholesterol

If cholesterol accumulates in the blood vessels it can reduce blood circulation. Thankfully, some juices can help to remove the cholesterol that causes hardening of the arteries. They lower bad (LDL) cholesterol and increases good (HDL) cholesterol.

The juice from citrus fruits and apples should be added to your daily juice regime if you want to benefit from better cholesterol levels. This is due to the pectin and soluble fibre in them.

Leafy green vegetables are rich in nitrates. You can use them to do amazing things such as manage blood flow and reduce hypertension. These veggies include cabbage, kale, spinach, chard and collard greens which you might want to add into your juice for an all-around health boost!

Beetroot juice

Beetroot juice is great for improving blood circulation and has many health benefits. Beetroots are a healthy vegetable that contain antioxidants, which help prevent obesity, cancer and heart disease. Beets also stimulate the liver to produce more bile, which aids digestion by breaking down fats in food so they can be absorbed by the body.

The beet's superpower is its ability to transform into a superhero. Red and round, it packs an incredible punch. Beet juice improves oxygen flow in muscle tissue. Beet juice contains compounds that produce nitric oxide. Nitric oxide helps protect blood vessels from damage by widening them so more blood can flow through easily. This means beet juice improves blood flow to all your organs and tissues.

Beet juice has even been shown to lower systolic pressure (the first number in a blood pressure reading). [\(1\)](#)

Tomato juice

It's no wonder that people all over the world are drinking more tomato juice these days! Research [\(3\)](#) is now showing us that a glass of this delicious beverage per day can lower blood pressure, and even reduce cholesterol levels.

Kiwi fruit

Tomato juice helps reduce blood pressure due to the vitamin C in it. Another fruit rich in vitamin C and other bioactive ingredients is kiwi fruit which is also good for reducing blood pressure [\(4\)](#). Drinking the juice of 3 kiwi fruits a day for a few weeks should do the trick! They're full of soluble fibre too!

Orange juice

Orange juice is a great addition to your juicing repertoire, when it comes to better blood circulation, because of the many nutrients and electrolytes. Plus, the A and C vitamins also help improve skin tone, lift moods, strengthen immunity, and maintain appetite as well as promote digestion. Win, Win!

Keeping the blood clean is important in maintaining good health. It should come as no surprise that oranges are rich with Vitamin B9 and folate, which promote this process. They also assist in the production of red blood cells.

Drinking orange juice can also lower blood pressure and lessen symptoms such as feeling tired, dizziness and shortness of breath.

Prune juice

One of prune juice's lesser-known health benefits is that it also lowers blood pressure [\(5\)](#). Prunes are a fantastic source of potassium, magnesium and calcium. These minerals are essential for normal blood pressure levels. To take advantage of this effect, drink one glass every morning to start your day off right.

Pomegranate juice

Pomegranate is a rich source of ellagic acid. This important ingredient works with other compounds in the body to reduce the effects of aging on blood vessels.

Pomegranates are packed with vitamins and antioxidants, but that's not all. Drinking juice made from this fruit can also reduce your blood pressure in days! [\(6\)](#) Study participants who drank 240 ml of pomegranate juice a day for two weeks saw significant reductions in their systolic and diastolic blood pressures. You can buy pomegranate juice but it has added sugar so it is better to make your own.

Watermelon juice

Watermelon contains citrulline, something that helps the body to produce nitric oxide. As we have already heard, nitric oxide keeps arteries supple and helps blood to flow freely. One study found animals given diets rich in watermelon have less plaque on their artery walls!

[\(7\)](#) This beautifully coloured fruit is great to juice. It is packed full of vitamins and minerals and has a mild taste. It also counts as part of your daily water.

Cherry Juice

Drinking cherry juice is as good as taking drugs at reducing blood pressure, researchers have found. Drinking just 60ml can reduce your blood pressure in house. This is because of anthocyanin, something found in cherries that helps reduce the tension on artery walls [\(8\)](#). This then allows more blood to flow through them. Cherry juice can also help reduce the pain and swelling in joints. Another great reason to drink this delicious juice.

Juices to avoid for blood health

By way of warning, the British Heart Foundation advises that you do NOT drink cranberry juice if you are on blood thinning medication. This is because it increases the effect of the medication which can lead to excessive bleeding.

This is due to the high amount of Vitamin K in cranberry juice. Broccoli and sprouts are also high in vitamin K but I am not sure anyone enjoys drinking sprout juice!! However, if you are not on blood thinning medication drinking cranberry juice can reduce cholesterol and reduce the stiffness of blood vessels (9).

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