

The History and Health Benefits of Beet Kvass

History

- The original kvass is made from stale sourdough bread (usually rye) in Russia and dates back at least 1000 years
- It is sold as a beverage today and is considered a good thirst quencher
- It is also known to be good for digestion and anecdotally as a cure for a hangover
- Beet kvass is a Ukranian tradition

History

- Beet Kvass is well known in Caucas Mountains along with milk kefir and other fermented foods.
- It was used as a means to clean water – allowing the good bacteria to take care of the bad
- Often raisins are added or other fruits or vegetables to create a unique beverage

Anecdotally

- Diminish age spots
- Help with allergies and food sensitivities
- Improve the health of the liver and kidneys and aid detoxification
- High folic acid content good for pregnant women
- Aids digestion, heartburn, upset stomach and improved bowel movements

What Does The Research Say?

- All the health benefits of beets apply to beet kvass – except the nutrients are more bioavailable plus kvass contains good bacteria
- Beets contains different types of phytonutrients called betalains, - responsible for the red colour
- Betalains are both antioxidants and anti-inflammatories
- Beets aid the liver detoxification and support the kidney (fermenting prevents oxalates)

Health Benefits

- Beets also contain tryptophan which converts serotonin – which is our anti-depressant neurotransmitter – this also will aid our ability to sleep
- Beets contain nitrates but fermentation converts nitrates to nitric oxide
- Nitric oxide increases blood flow to the brain which will help improve cognitive function and may help prevent dementia

Health Benefits

- The increase in blood flow may also be helpful for hypertension
- Nitric oxide has been shown to be of benefit for exercise performance in people who are not highly trained athletes
- Nitric oxide is also being considered as a remedy for osteoarthritis, possibly replacing NSAID drugs

Health Benefits

- Studies on fermented beet juice show that some of the phytonutrients increase by huge amounts
- Lacto-fermented beet juice is anti-microbial and also helps prevent bad bacteria mutations
- Like all fermented foods, beet kvass aids digestion of the foods in a the meal where it is consumed.
- A great addition to your diet

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