

# The Healing Power of Beets



**Beets** are the most intense vegetable and originated in the Mediterranean region. They come in different varieties, red, gold and candy striped. They abound with nutrients including beta-carotene, B complex, vitamin C, iron, calcium, phosphorus, sodium and manganese. Beets are known to treat anemia, are an anti-inflammatory, purify the blood and help dissolve acid crystals from the kidney that can cause kidney stones. They support blood and chi circulation and the heart, liver and large intestine. Beet greens are also very nutritious and are a great source of vitamin A, vitamin K, folic acid and are rich in iron.

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Check out our [Cibaria Market Menu](#) and our [Family Friendly Menu](#)

*minimum delivery \$65*

*Because we prepare your order fresh for you, please submit orders by 10:30 am for next day delivery.*

**TO PLACE ORDERS:**

**Contact Chef Lisa Smith 404-422-6470**

[Email Lisa](#)

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