



[Home](#) | [Herbal fiberblend](#) | [Natural Progesterone](#) | [AIM Barleylife™](#) | [Health Articles](#) | [Other Products](#) |

Independent AIM Distributor.
All Aim products carry a full
moneyback guarantee.
For any administrative
enquiries
E-MAIL US
Our Privacy Policy
Your Security.



SECURE ORDER PAGE

Green Barley Juice
Herbal Fiber Blend
Carrot Juice Crystals
Natural Progesterone
AIM Para90™
AIM Bear Paw Garlic™
AIM Cell Wellness Restorer™
AIM Flora Food™
AIM Frame Essentials™
AIM Garden Trio™
AIM Prepzymes™
AIM Proancynol 2000™
[AIM RediBeets™](#)
AIM Coenzyme Q10™
Omega fatty acids
Herbal Release
Glucochrom
Cranberry juice

PROGESTERONE

BARLEYLIFE

PROBIOTICS

DIETARY FIBER

AIM RediBeets™



Benefits

Cleansing agent
Maintain whole body health
Easy assimilation of a wide spectrum of
nutrients
Convenient for consistent use

Features

Residue-free red beets
Minimal fiber present / true juice product
Most advanced processing technology
8.8-oz (250 g) powder
225-count caplets

AIM RediBeets™ provides you with an easy way to get beet juice, which many nutritionists recommend as one of [three core juices](#).

Beets

What do beets provide us? One cup of raw beets is high in carbohydrates and low in fat. It contains phosphorus, sodium, magnesium, calcium, iron, and potassium, as well as fiber, vitamins A and C, niacin, folic acid, and biotin. Although these are not found in "Recommended Dietary Allowance" (RDA) quantities, we must remember that nutrients derived from natural sources may be "better" than those found in supplements, as they are found in an organic form. When these nutrients are captured in a juicing process, they remain in a form that is much easier to assimilate than synthetic nutrients. The iron in beet juice, in particular, is noted for being much more easily assimilated than man-made forms of iron.

Current Uses

According to John Heinerman Ph.D., in the *Encyclopedia of Healing Juices*, beets (and beet juices) are a blood-building herb that detoxifies blood and renews it with minerals and natural sugars. The encyclopedia goes on to note that there may be substances in beets that aid circulation.

Other sources also speak highly of beets and beet juices. Dr. H.C.A. Vogel, in *The Nature Doctor*, states that beet juice contains betaine, which stimulates the function of liver cells and protects the liver and bile ducts. Norman Walker, D.Sc., in *Fresh Vegetable and Fruit Juices*, claims that beets build red corpuscles and add tone to blood.

Of course, many of these claims are not substantiated in a "traditiona" sense, and one might wonder if there is any "scientific" evidence of the health benefits of beets. There is.

An article in the February 27, 1996, issue of *Cancer Letters* reports on an animal study that shows that beetroot has a significant tumor-inhibiting effect. The abstract for the study says, "The combined findings suggest that beetroot ingestion can be one of the useful means to prevent cancer."

More intriguing information centers around betaine, a substance found in a number of plants in the *chenopodiaceae* family. Sugar beets, broccoli, and spinach are particularly high in this substance. It is most often derived from sugar beets. Recent studies point to this substance as a contributor to the prevention of coronary and cerebral artery disease. This is because betaine is proving to be a methyl doner.

A methyl doner ensures that homocysteine, a breakdown product of the amino acid methionine, is converted back to methionine. Mildly elevated levels of homocysteine have been found in patients with coronary artery and cerebrovascular disease. This condition is known as mild hyperhomocysteinemia, and is recognized as a risk factor for premature arteriosclerotic disease (*Arteriosclerosis and Thrombosis*. Vol. 14(3) March 1994).

AIM RediBeets™ The half pound of beets used to make a teaspoon of AIM RediBeets™ is residue-free, and the beets are processed in a state-of-the-art facility that separates the juice - and its valuable nutrients - from the plant's fiber. In this process, the beets are not subjected to high temperatures that may damage their nutrients.

As part of a regular juicing program, AIM RediBeets™ offers a convenient way to make juicing a part of your daily diet and meet the National Cancer Institute's recommendation

[Up to The Minute
Recently Published Articles.](#)

- Take 1 tsp (4 g) 2 times a day. Mix with water, juice, or other members of the ^{AIM} RediBeets TM. Or, take 6 caplets a day.
- ^{AIM} RediBeets TM is best taken dry under the tongue.
- Because beet juice can have a strong effect on some individuals when they use it for the first time (dizziness due to detoxification), it is suggested that you take the recommended serving. Do not exceed 2 servings per day without the advice of your health practitioner.
- Drink ^{AIM} RediBeets TM immediately after mixing it.
- ^{AIM} RediBeets TM is best taken on an empty stomach: 30 minutes before or 2 hours after a meal.
- You may use more or less depending on your or a health practitioner's assessment of your nutritional needs.
- Shelf life is 2 to 3 years, sealed. Store in a cool, dry place (70° - 75° F; 20.1° - 23.8° C). Do not refrigerate.
- You may take ^{AIM} RediBeets TM with other AIM products, except ^{AIM} Herbal Fiberblend TM. Take ^{AIM} Herbal Fiberblend TM 1 hour before or 30 minutes after taking ^{AIM} RediBeets TM powder.

Q & A

How many beets make one pound of ^{AIM} RediBeets TM? It takes approximately 25 pounds of beets to make one pound of ^{AIM} RediBeets TM.

Can I mix ^{AIM} RediBeets TM with other AIM products? Yes. Many people enjoy taking ^{AIM} RediBeets TM either mixed with ^{AIM} RediBeets TM, or mixed with Barleygreen and ^{AIM} Just Carrots TM. It should not be taken with ^{AIM} Herbal Fiberblend, however, because this will tend to prevent some of the nutrients from being absorbed during digestion. Take ^{AIM} Herbal Fiberblend 1 hour before or 30 minutes after taking ^{AIM} RediBeets powder.

Is it okay to take more than the recommended serving? Each person has different nutritional needs, which should be assessed by each individual. However, beet juice can have a strong effect on some individuals when they incorporate it into their diets for the first time. For this reason, it is suggested that people take the recommended amount at first and increase gradually.

^{AIM} RediBeets tastes quite sweet when I drink it. I am concerned about sugar. Is there a lot of sugar in RediBeets? There is no processed sugar in ^{AIM} RediBeets TM. In fact, the only ingredient in ^{AIM} RediBeets TM is beet juice. However, beets produce natural sugars, which is what gives ^{AIM} RediBeets TM its sweet, natural taste.

What part of the beet is used to make ^{AIM} RediBeets TM? ^{AIM} RediBeets TM is made from red beets, which is the type of beet that is typically served at the dinner table. Only the root of the beet is used to make ^{AIM} RediBeets TM crystals.

Juicing

Juicing, and the benefits of a juicing program, have long been recognized around the world. Since the early part of this century, researchers such as Norman Walker, D.Sc., and Bernard Jensen, D.C., Ph.D., have investigated the effects of juice as part of the daily diet. Their studies show that juice can provide all the basics of human nutrition, including carbohydrates, proteins, fats, vitamins, and minerals.

Juicing adds to the benefits of fruits and vegetables. Because juicing removes fiber, the important nutrients and phytochemicals found in plants are absorbed more easily by our bodies - sometimes within minutes - without too much effort on the part of the digestive system. As well, more of the nutrients are absorbed; fiber is not present to escort some of them out of the body.

Fresh fruit and vegetable juices are also rich in enzymes. Enzymes spark the hundreds of thousands of chemical reactions that occur throughout the body; enzymes are essential for the digestion and absorption of food, for the conversion of foodstuffs into body tissue, and for the production of energy at the cellular level. In fact, enzymes are essential for most of the building and rebuilding that goes on in the body every day. When foods are cooked, enzymes can be destroyed; that is why raw foods and juices are so important to us. They provide us with an excellent source of all-important enzymes.

Nutritional researchers have concluded that there are three juices that form the core of any effective juice program: a green vegetable juice, a carrot juice, and a beet juice. Combined, these three juices provide a simple way to add natural, healthy nutrients to your diet.

Phytochemicals

Many claims about plants and health have not been tested in clinical double-blind tests or by other traditional means. Should we believe them? The universal acceptance of the benefits of plant phytochemicals-substances found in plants that might play a role in preventive health-might at least nudge us toward the willingness to accept the possibility that plants have benefits.

Some of the research on phytochemicals is funded by the National Cancer Institute

For example, research has shown that broccoli contains a substance, sulforaphane, that may prevent, even cure, breast cancer. Citrus fruits contain limone, which increases the activity of enzymes that eliminate carcinogens. Cabbage, Brussels sprouts, cauliflower, and similar vegetables contain indoles, which might lower the risk of breast cancer. Currently in the news is genistein, a substance found in soy beans which may block tumor growth, and lycopene, a component of tomatoes which has been linked to reduced risk of prostate cancer.

An article published in the April 12, 1995, edition of *JAMA*, The *Journal of the American Medical Association*, looked at the protective effect of fruits and vegetables against stroke. This study followed a group of 832 men for 20 years. The incidence of stroke in this time period was 191.7 per 1,000 in the men who ate two or fewer servings of fruits and vegetables a day, compared to 78.7 per 1,000 in those who ate eight or more servings a day. The study concludes that, "The more servings of fruits and vegetables they ate, the lower their risk of stroke."

More recently, evidence has indicated that eating fruits, vegetables, and grains is a good way to prevent cancer of the colon and rectum. This study differs from others in that it notes that while many previous studies looked at specific substances in the foods for health reasons, a whole food effect may be what is important. Researchers found that anti-disease effects persisted even when the amount of individual nutrients in a food were low.

One of the results of this research is that the NCI recommends that we eat five servings of vegetables and three servings of fruits a day.

AIM RediBeets™ is a convenient way to meet the NCI's recommendations.

Suggested Reading " Beet juice aids stomach upsets, some cancers"" *Better Nutrition for Today's Living*. October 1994.

Kapadia G.J., et al. "Chemoprevention of lung and skin cancer by beta vulgaris (beet) root extract " *Cancer Letters*, 100: 1-2, February 27, 1996, 211-4.

Vogel, Dr. H.C.A. *The Nature Doctor*. New Canaan, CT: Keats Publishing, Inc. 1991.

Walker, Norman W., D.Sc. *Fresh Vegetable and Fruit Juices*. Prescott, AZ: Norwalk Press. 1970.

Heinerman, John. *Encyclopedia of Healing Juices*. West Nyack, NY: Parker Publishing. 1994.

Copyright (c) 2004 allonhealth.com. All rights reserved.

These pages are provided for information only. If you require medical assistance please see a nutritionally wise and progesterone friendly health practitioner. AIM products are not intended to diagnose, cure, treat, mitigate, or prevent a disease or illness. Results may vary per person. We have offices in USA, Australia, South Africa, UK, Canada and New Zealand, and we ship to most European countries.

SITES CONTENTS.

dietary fiber - intestinal parasites - Barleylife green juice - Barleylife wholesale in South Africa - Barleylife wholesale Australia - Barleylife in the united Kingdom - chronic constipation - dietary fiber - herbal fiber blend - natural progesterone and fertility - natural progesterone - pregnancy and progesterone - aim herbal fiberblend - carrot beetroot green juice - human immune system booster - natural progesterone breastfeeding - natural progesterone uk - omega 3 6 9 - ovarian cysts - pcos - uterine fibroids - constipation - galactagogues - increase breast milk supply