

Romeo's Health Heaven
Natural Wellness & Therapeutic Nutrition

Fruit Beet Juice

Detox · Anti-Cancer · Skin, Hormone & Full-Body Wellness

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Research Question

What are the health and wellness benefits of Fruit Beet Juice — combining beets, carrots, strawberry, peach, parsley, celery, cilantro, fennel, shiso basil, ginger and turmeric — and which of the 12 systems of the human body does it support?

Overview

Fruit Beet Juice combines the earthy power of beets and carrots with the vibrant sweetness of strawberry and peach, layered with the cleansing depth of parsley, celery, cilantro, fennel, shiso basil, ginger, and turmeric. The result is a full-spectrum wellness juice that nourishes the skin, supports hormonal balance, fights oxidative stress, and activates the body's natural detoxification pathways — all while tasting genuinely delicious.

1. Skin, Collagen and the Integumentary System

Strawberries and peaches are exceptional sources of vitamin C — a direct cofactor in collagen synthesis. Collagen is the structural protein that keeps skin firm, elastic, and youthful. Regular intake of vitamin C-rich foods has been shown to visibly reduce fine lines, accelerate wound healing, and protect skin cells from UV-induced oxidative damage. [A-4][A-6]

Carrots and beets add beta-carotene and betalains respectively — compounds that accumulate in the skin and act as an internal sun filter. Beta-carotene also converts to vitamin A, which regulates skin cell turnover and is the natural precursor to retinol, the most studied anti-ageing compound in dermatology. [A-4]

Beets specifically enhance liver detoxification, stimulating glutathione production. Since a congested liver often manifests as skin conditions — acne, eczema, rosacea — supporting hepatic function through diet has a direct and measurable effect on skin clarity. [A-1]

2. Cardiovascular System and Blood Health

Beets remain one of the most clinically validated natural sources of dietary nitrates. Once consumed, these nitrates are converted to nitric oxide in the bloodstream, relaxing arterial walls, lowering blood pressure, and significantly improving circulatory efficiency. Studies have shown measurable blood pressure reductions within hours of consuming beet juice. [A-4][A-6]

Strawberry's fisetin and peach's chlorogenic acid both reduce LDL cholesterol oxidation — the process that leads to arterial plaque formation. These polyphenols work synergistically with basil and shiso flavonoids, which protect against arterial stiffness and endothelial inflammation. [A-6]

Carrots provide alpha and beta-carotene alongside potassium — an electrolyte that directly counteracts the blood-pressure-raising effects of dietary sodium and supports healthy heart rhythm. [A-4]

3. Immune System, Anti-Cancer Defence and Detoxification

The fisetin found in strawberries is a flavonoid with well-documented anti-tumour properties. It inhibits angiogenesis — the formation of blood vessels that feed tumour growth — working alongside apigenin from celery and curcumin from turmeric to create a multi-pathway anti-cancer defence. [A-1][A-6]

Cilantro's chelation of heavy metals such as mercury, lead, and aluminium removes one of the primary drivers of immune dysfunction and chronic inflammation. Combined with parsley's lymphatic cleansing action, this juice actively reduces the toxic burden that suppresses immune response over time. [A-2]

Turmeric's curcumin enhances natural killer (NK) cell activity while modulating cytokine balance — preventing both under-response to pathogens and the over-response seen in autoimmune conditions. Vitamin C from strawberries and peaches further accelerates white blood cell production and function. [A-3][A-6]

4. Digestive System, Gut Health and Metabolic Balance

Ginger and turmeric together stimulate the production of digestive enzymes, improve gastric motility, and reduce gut wall inflammation — directly addressing conditions like IBS, bloating, and leaky gut syndrome. Curcumin's ability to restore intestinal barrier integrity makes it one of the most studied compounds for gut health. [A-3][A-6]

Fennel acts as a natural antispasmodic, calming cramping and gas, while its prebiotic inulin selectively feeds beneficial *Lactobacillus* and *Bifidobacterium* species in the gut. A balanced microbiome has cascading effects on immunity, mood, hormone metabolism, and skin health. [A-3]

Lemon and celery together alkalise the digestive environment and enhance bile production, supporting the absorption of the fat-soluble vitamins A, E and K abundant in this juice. Celery's apigenin additionally upregulates Phase II liver detox enzymes. [A-1]

5. Endocrine, Nervous System and Reproductive Health

Fennel contains phytoestrogens — plant compounds that gently modulate oestrogen receptor activity. This makes it particularly supportive for hormonal balance, easing symptoms of PMS, perimenopause, and oestrogen fluctuation. Shiso basil complements this by supporting oestrogen metabolism pathways in the liver. [A-3][A-6]

Beet nitrates improve blood flow to reproductive organs, while ginger enhances serotonin availability — supporting mood stability, libido, and reproductive hormone signalling. Together, these compounds make Fruit Beet Juice a natural ally for reproductive and hormonal wellness. [A-4][A-7]

For the nervous system, curcumin's ability to cross the blood-brain barrier reduces neuroinflammation, while fennel acts as a mild nervine — calming anxiety and supporting a balanced stress response. This directly benefits the endocrine system by reducing the chronic cortisol elevation associated with adrenal fatigue. [A-3][A-6]

Key Body Systems Supported

System	Key Compounds & Actions	Refs
Integumentary (Skin)	Vitamin C (collagen), beta-carotene (retinol), betalains (detox)	[A-4][A-6]
Cardiovascular System	Beet nitrates (nitric oxide), fisetin & flavonoids (LDL protection)	[A-4][A-6]
Immune System	Fisetin, apigenin, curcumin (anti-tumour, NK cell activation)	[A-1][A-6]
Lymphatic System	Cilantro (heavy metal chelation), parsley (lymphatic drainage)	[A-2]
Digestive System	Ginger & turmeric (enzymes, gut wall), fennel (microbiome)	[A-3][A-6]
Endocrine System	Fennel phytoestrogens (hormone balance), curcumin (insulin sens.)	[A-3][A-6]
Nervous System	Curcumin (neuroprotection), fennel nervine (cortisol, anxiety)	[A-3][A-6]
Reproductive System	Fennel & shiso (oestrogen metabolism), beet nitrates (blood flow)	[A-4][A-7]
Urinary System	Parsley (diuretic), celery (uric acid reduction)	[A-2][A-4]

References

- [A-1] "TTAC LE2019 Full Transcripts Book" — Various, TheTruthAboutCancer.com
- [A-2] "TTAD 3 Volume Transcripts Complete" — TheTruthAboutCancer.com
- [A-3] "Is Your Cooking Making Your Food Toxic?" — GreenMedInfo.com
- [A-4] "Stop the Signs of Aging Naturally With a Heal" — NaturalNews.com, August 25, 2008
- [A-5] "QFTC Final Chapter Episode Transcripts" — TheTruthAboutCancer.com
- [A-6] "Preventing and Reversing Cancer Naturally: The Anticancer Diet Shopping List" — GreenMedInfo.com

[A-7] "TTAC Live 2017 Event Full Transcripts" — TheTruthAboutCancer.com

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