**I Am 60 Years Old And This Plant Improved My Vision, Removed Fat From My Liver And Completely Cleaned My Colon**

**  March 11, 2017 | **  [Natural Remedies](http://www.healthyfoodhouse.com/category/natural-remedies/), [Vegetables](http://www.healthyfoodhouse.com/category/vegetables/) | **  0 | **  admin

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Due to aging, the functions of the body organs deteriorate, and we experience numerous health issues, such as colon obstruction and vision loss. Moreover, fat can accumulate in the liver, causing problems with the overall health.

However, you need only one natural ingredient to prevent or treat these issues- beets.

These European reddish vegetables are often added to salads or eaten raw, and they offer multiple health benefits, including improved eyesight, liver and colon cleansing.

Additionally, these vegetables support heart health and improve the circulation of blood, thus energizing the body. Beets are high in betaine and tryptophan, which are rare substances that reduce stress and calm down the nerves.

They also have potent anti-inflammatory properties and are rich in antioxidants which prevent free radical damage.

A 60-year woman from Baltimore, Maryland, experienced numerous health issues with years. Her vision was almost completely lost, and her entire body was in a poor condition.

However, a friend of her daughter had heard about the amazing benefits of beetroots and told her about a natural treatment with these vegetables.

He claimed that that recipe improves eyesight, but also cleanses the colon and liver and thus removes all health issues caused by waste and toxic residues in the body.

Even though she was initially not convinced of its effectiveness, this woman tried the method. And she was shocked! Even after the first day, she felt full of energy and health, and after a while, her eyesight was almost completely restored!

Therefore, she decided to reveal the recipe of this miraculous remedy and help numerous people in the same situation.

Today, we offer you this recipe for a beetroot salad you can consume daily and thus enjoy all these benefits:

**Ingredients:**

* 2-3 beets
* 2 onions
* Vinegar
* Extra virgin olive oil
* Salt

Method of preparation:

You should peel the beetroots, chop them, and add them in some water. Add a pinch of salt, chop the onions, and add them to the bowl with the beets. Add vinegar and olive oil, and season with salt once more.

In the end, sprinkle with some vinaigrette and leave it for an hour. Then, it is ready to be served.

Since beets are highly nutritious, as well as all the other ingredients, this salad will help you improve your eyesight, cleanse the liver and detoxify your colon. Its regular consumption will enhance your overall health and energize your body.

Source:  [naturalhealingmagazine.net](http://naturalhealingmagazine.net/60-years-old-plant-returned-vision-removed-fat-liver-completely-cleaned-colon/)