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Carrots are to rabbits what bananas are to monkeys. Carrots are the nuggets of nutrition that satisfy the sweet tooth. Raw, boiled or either half cooked carrots are staple diet for man. Carrots satisfy the hunger and provide rational proportion of vitamins and minerals. The orange, crusty, power-packed carrots offers high amount of vitamin A, and endow the other powerful health benefits along with beautiful skin, cancer prevention and anti-aging. It contains about 490 phytochemicals, beta-carotene and this assist the immune system to target and kills cancer developing cells in the body. Beta-carotene in combination with selenium, vitamin C, vitamin E, lowers high-density of lipoprotein2.

Carrot is the rich source of calcium, potassium, vitamin C and B. the presence of calcium in carrots checks the tapering of blood vessels causing the contraction of muscular walls of the vessels. Potassium promotes normal heart beats, vitamin B improves metabolism, and vitamin C guards cells against free-radicals and promote strength of blood vessels. Deficiency of vitamin A causes vision problems. It interfere the reformation of rhodopsin and lead to night blindness. Thus, it is vital to consume carrot, as carrot acquires substantial amount of vitamin A in them. It also prevents coughing and high blood pressure.

Carrots reduce the risk of various types of cancer like lung cancer, breast cancer and colon cancer. Researchers have just discovered falcarinol and falcarindiol which they feel cause the anticancer properties. Falcarinol is a natural pesticide produced by carrots that helps to yield its root from fungal disease. Carrots are the only basis of this compound. The high-level of beta carotene acts as an anti-oxidant to cell damage done to the body through regular metabolism. It help slows down the aging of cells.

Vitamin A and antioxidant property of the carrot protects the skin from sunburn. Vitamin A stops early wrinkling, acne, dry skin, pigmentation, blemishes, and uneven skin tone. Mix grated carrot with honey and apply it on your face for a while, this will make your skin glowing and beautiful. Thus carrots are a reasonable and suitable facemask.

Carrots are well known to cure infections. They can be used on cuts â€“ shredded raw or boiled and mashed. Scientific experimentation shows that consuming high amount of carotenoids are linked with risk of heart diseases. Carrots not only contain beta-carotene but also considerable proportion of alpha-carotene and lutein. Daily consumption of carrots also helps to reduce the cholesterol level as the soluble fibers binds with irritable acid.

Carrots also clean the body as vitamin A helps the liver in flushing out the toxins from the body. It reduces bile and fats present in the liver. The fibers present in carrots help clean out the colon and hasten waste movement.

Carrots give healthy teeth and gums. Carrots clean your teeth and mouth. They scrape off plaque and food particles just like toothbrushes or toothpaste. Carrots stimulate gums and trigger a lot of saliva, which being alkaline, balances out the acid-forming, cavity-forming bacteria. The minerals in carrots prevent tooth damage. Study of Howard University conclude that people who eat six carrots a week are less likely to develop stroke as compare to people who three or less carrots in a week.

Carrots are among popular root-vegetables with number of healthy compounds and benefits. Thus consume these sweet-crunchy carrots every day.

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