

1 **The Super Cruciferous Vegetables
- The Magnificent 12**

Semester A: Basics

Class # 4

Oct 20, 2015

2 **Session Outline**

- Food as Nutraceuticals
- The super cruciferous vegetables
 - The magnificent 12

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Food as Nutraceuticals

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Food as Nutraceuticals

Nutraceuticals

(The medicinal value in food)

"Let medicine be your food and food be your medicine"

- Hippocrates

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Food as Nutraceuticals

The Asians were the earliest to recognize the nutraceutical value in food, then the Europeans who then brought their knowledge to the "New World" much later. This was then augmented by what they learned from the first nation's natives.

It wasn't until after the beginning of the 20th century that the budding pharmaceutical industry believed, although mistakenly, that they could isolate the active ingredients in these nutraceuticals and thereby improve on mother nature. (of course, for a price)

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Food as Nutraceuticals

The ancient Chinese practice of medicine as well as the Indian, Ayurvedic medicine placed great value on the nutraceutical efficacy of the diet. Only in the last 20 years has our technology enabled us to peer into the micro-molecular world of our food in order to identify some of the vast numbers of nutraceuticals we had only guessed at until now. This field of study is still in its infancy.

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Food as Nutraceuticals

The latest editions of textbooks on biochemistry and microbiology are significantly different than editions of the same texts just 20 years earlier. It is therefore not unreasonable to expect with the ever unfolding of our latest technologies, the discoveries of more and more

nutraceuticals, along with their efficacies will extend our capabilities in ways we can now only imagine and hope.

For the present, let's take a look at some of what we already know.

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Food as Nutraceuticals

One thing we know for sure is that mother was right when she said,
"Eat your vegetables".

The more we learn about the nutraceutical constituents in food which has been growing in properly cultivated soil, the more we come to realize that mother nature has always had her own natural apothecary dispensary available to anyone willing to learn how to use it.

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Some Efficacious Nutraceuticals

- plant sterols
- Alkaloids
- Flavonoids
- Isoprenoids
- Turpines
- Carotenoids
- Zanthophylls
- Limonoids
- Capsaicin
- Carnosol
- Catechins
- Ginkgolides
- Curcuminoids
- Thiols
- Allisin
- Phenols
- Tannins
- Anthocyanidines

10  **The Super Cruciferous Vegetables**
The Magnificent 12

11  **1. Broccoli**

12 

1. Broccoli

- Anti-cancer: primarily lowers risk to the rectum, colon, Lungs, esophagus, larynx, Prostate, mouth and stomach.
- Protects against: heart disease, cataracts, constipation, diabetes, arthritis, high blood pressure, hemorrhoids plus-stomach ulcers.
- Blocks cell mutations
- Helps to normalize body fluids

13 **1. Broccoli**

- One of the best vegetable sources of calcium.
- Protects cells from free radical damage.
- Broccoli sprouts – have higher amounts of sulphoraphane than mature broccoli. The most powerful, natural chemical to inhibit tumor growth and stomach ulcers.
- Nutrients include; 8 Vitamins, 10 minerals & 26 phytochemicals.
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14 **1. Broccoli Sprouts**15 **2. Brussels Sprouts**16 **2. Brussels Sprouts**

- Retards cancer ; research shows it detoxifies a potent mold-carcinogen called "aflatoxin", linked to high rates of cancer, particularly of the liver.
- May be a factor against estrogen related cancers e.g. Breast, uterine and endometrium.
- A diet rich in Brussels sprouts and cabbage may improve metabolic system function, indirectly improving cancer protection.

17 **2. Brussels sprouts**

- Nutrients include; - 10 Vitamins, 9 minerals, and 17 phytochemicals

Improve the insulin producing capacity

A juice made from Brussels sprouts, string beans, lettuce and carrots provides the needed elements to regenerate and improve the insulin producing capacity of the pancreas.

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18 **3. Cabbage**19 **3. Cabbage**

- Stimulates the immune system, kills bacteria and viruses, inhibits growth of tumors, inhibits growth of cancerous cells, increases metabolism of estrogen, reducing the risk of breast cancer.
- Inhibits growth of polyps, an early sign of potential colon cancer.
- An excellent revitalizing agent and blood purifier.
- Helps to prevent anemia.

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20 **3. Cabbage**

- Is therapeutic against: scurvy, Eye diseases, gout, rheumatism, pyorrhea, asthma, tuberculosis and gangrene.
- Raw cabbage prevents anemia.
- Raw cabbage especially as a juice protects against and heals stomach ulcers.
- Protects skin from eczema and other rashes.
- Promotes tissue rejuvenation.
- Nutrients include: 9 vitamins, 8 minerals and 19 phytochemicals

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21 **4. Cauliflower**

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22 **4. Cauliflower**

- Helps protect against cancer of the; stomach, rectum, prostate, colon and bladder.

- Slows tumor growth
- Stimulates body's detox system to neutralize carcinogens, blocking their ability to attack healthy cells.
- Lowers circulating estrogen levels, reducing risk of breast and uterine cancers.
- Considered better than cabbage for people with diabetes.
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23 **4. Cauliflower**

- Nutrients include; – 9 vitamins, 9 minerals and 13 phytochemical

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NB. Since it has low chlorophyll and carotene levels, it is ineffective against lung and other smoking related cancers.

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24 **5. Collards**25 **5. Collards**

- Retard tumor growth, stimulate anti-cancer enzymes, protect against estrogen related cancers, protect against cancers of; –lung, colon, esophagus and prostate.
- May prevent metastasis of breast cancer
- Protect against strokes and minimize neurological damage caused by strokes
- Reduce risk of age related macular degeneration
- Improve immune function and response

26 **5. Collards**

- Nutrients include; – 8 vitamins, 9 minerals &10 phytochemicals

NB. High in oxalic acid which binds calcium making it contra-indicated for people with, or at risk of osteoporosis. People with a history of kidney stones should limit their intake of collard greens, beat greens, leaks, rhubarb, rutabaga, spinach and Swiss chard.

27 **6. Kale**28 **6. Kale**

- Kale – is this super of the super vegetables – considered one of the best cancer fighters on the planet.
- Helps regulate Estrogen
- Protects against cancers of; – breast, bowel, bladder, prostate and lung is. – Protects against osteoporosis
- Protects against arthritis

29 **6. Kale**

- Regulates blood pressure
- NB – it contains more calcium than milk and it is calcium is more absorbable than from milk. While heat destroys some of the carotenoids, the balance is made more bio-available and the chlorophyll is not affected.
- Nutrients include:
9 vitamins, 9 minerals, 16 phytochemicals.
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30 **6. Kale**31 **7. Kohlrabi**32 **7. Kohlrabi**

- Reduces incidents of hormone dependent cancers such as; –breast and uterine and endometrium.
- Reduces carcinogenic effects of cigarette smoke.
- Good for treating; – indigestion, jaundice, diabetes, lymphatic system and alcoholic alcoholism.

33 34 35 **8. Mustard Greens**

- Mustard Greens;- inhibit tumour growth
- Protects against cancer and heart disease
- Strengthens immune system
- High iron and calcium content protects against anaemia
- Build strong bones and teeth

36 **8. Mustard Greens**

- Nutrients include:
9 vitamins., 9 minerals and 10 phytochemicals
- It's low oxalic acid content makes it a superior source of calcium.

37 38 **9. Radishes**39 **9. Radishes**

- Radishes;- stimulate the appetite
- Relieve respiratory infections
- Clean the gall bladder
- Clean the liver
- Ease cold and flu symptoms
- Sooth headaches
- Heal laryngitis

40 **9. Radishes**

- Heal laryngitis
- Break up mucus
- Are natural diuretic
- Because they are a natural source of Salicin, researchers believe it to discourage unwanted blood clots.
- Nutrients include; – 9 vitamins. 9 minerals and 11 phytochemicals
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41 **9. Radishes**

Horseradish is a close relative, although it belongs to the mustard family, and is beneficial in the treatment of; – asthma, bronchitis, lung disorders, lymphatic congestion and as a digestive stimulant.

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43 **10. Rutabaga**44 **10. Rutabaga**

- Rutabaga; – is very high in cancer fighting compounds
- is a good energy food
- Controls blood cholesterol levels
- Reduces risk of; Dash heart disease, stroke, diabetes.
- Helps clear up mucus and congestion

45 **10. Rutabaga**

- Has alkalizing effect on the body
- It's high fiber content can help reduce the risk of colon and rectal cancers.
- NB. It's high content of mustard oil makes it an unwise choice for anyone with kidney problems. Recommended to get professional advice.
- Nutrients include; – 7 vitamins., 9 minerals & 6 Phytochemicals
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11. Turnips47 **11. Turnips**

- Roots – help protect against; – heart disease & viral infections
- Help control blood pressure when raw!
- Help reduce risk of estrogen related cancers.
- Leaves – balance calcium in the body
- Ease asthma and bronchitis
- Relieve sore throat
- Reduce mucus
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48 **11. Turnips**

- Roots are a very good source of vitamin C. Leaves are a significant source of Beta carotene.
- Nutrients include; – 9 vitamins., 9 minerals & 10 phytochemicals
- NB. People with thyroid disease should limit consumption of turnips. They contain substances that potentiate the growth of goitres.
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49 **12. Watercress**50 **12. Watercress**

- Watercress [have a member of mustard group];-is rich in vitamin C and beta carotene therefore is potent cancer fighting antioxidant.
- Dash is excellent for treating; – anemia thyroid problems, liver problems, pancreas problems, catarrhal problems, arthritis, calcium deficiency and is an excellent blood purifier.
- It is said that chewing a few stocks of watercress daily will improve most illnesses.

51 **12. Watercress**

- Nutrients include:
8 vitamins, 9 minerals & 10 phytochemicals
- " in research trials on the phytonutrient phenethyl isothiocyanate (PEICT), smokers were served watercress three times daily for three days at which time they excreted "detoxified" carcinogens in their urine". Balch & Balch.
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52 **Last Words**

All vegetables in this cruciferous group are good sources of fiber, however, they are all good sources of vitamin K which aids in blood clotting. Therefore a diet high in vitamin K is contraindicated for anyone on blood thinning medications, IE. Aspirin and warfarin [Coumadin].

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53 **Source Credit**

All of the quotes used in this class lesson are from *Prescription for dietary wellness*, by Balch & Balch.

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54 **Hand-out of Healthy Living Presentations**

You can download this (and previous handouts) from Life Transformation Institute's Website: <http://tinyURL.com/healthhandouts>

This is compiled from many health classes/seminars/conferences I have attended and from research, I did for my published books. All health resources are grouped into seven sections.

- Section 1: Phil Feilds Course
- Section 2: Dental Health
- Section 3: Glossaries
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55 **Hand-out of Healthy Living Presentations**

- Section 4: Food, Water and GMO
- Section 5: Toxicity
- Section 6: Miscellaneous
- Section 7: :More Resources, like Books, Magazines, My Publications, etc.

<http://tinyURL.com/healthhandouts>

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56 **Hand-out of Healthy Living Presentations**

Some of the resources and handouts are given below according to three semesters:

Semester A: Basics of Healthy Living

- A2: Foods and Supplement
- A3: Macro Minerals:
 - Magnesium Guide by Dr. Carolyn Dean, MD, ND
 - Carolyn Dean MD ND - The Magnesium Miracle: Video
- A4: Cruciferous Vegetables

57 **Hand-out of Healthy Living Presentations**

Semester B: Inflammatory Conditions

- Digestive System
- Managing Stress

Semester C: Healthy Aging

- Essential Trace Minerals
- Healthy Thinking

58 **Hand-out of Healthy Living Presentations**

Cognitive Faculties of Mind

- Video: Prof Michael Merzenich 'The plasticity revolution & how it affects you'
- Website: Brain Training - Some free exercises
- Website: Mysteries of the Mind - A TVO Program

59 **Hand-out of Healthy Living Presentations**

Biology of Belief by Dr Bruce Lipton & Robert Williams

- Video: Dr Bruce Lipton Video: Biology of Belief
- Handout: Lessons from Biology of Belief Video
- Video: Rob Williams - The Psychology of Change

Mitochondria

- Video: PQQ - A New discovery for Mitochondria Health
- - Handout: Mitochondria & Aging by Dr. Lee Know
- Video: Minding your mitochondria by Dr. Terry Wahls A Doctor's Recovery from MS

60 **Hand-out of Healthy Living Presentations**

More on the subject:

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61  **Resources**

[Life Transformation Institute's website](#)

<http://tinyURL.com/healthhandouts>

- [Publications](#)
- [Classic Book Guides](#)
- [Reference Guides](#)
- [Health Resources](#)
- [Other Resources](#)

62  **Resources**

Over twenty pages of Resources and links listed in the book:
"7 Steps to Dental Health"

<http://7stepsdentalhealth.com>

- Health Websites
- Health Organizations
- Glossary of Holistic and Dental Terms
- Dental Knowledge Test

63  **Publications by Max Haroon**

<http://tinyurl.com/maxpublications>

The subjects range from the Internet, career, technology, health, and self development.

- Books Authored
- Reference Guides
- Articles Written
- Reflections /Blogs/Messages
- Book Companions/Discussion kits written for the [Inspirational Books Clubs](#)
Workshop Kits produced for the Society of Internet Professionals:
- Websites Published & Architected by Max Haroon
- Reviews of Books
- Videos Posted on Youtube.com

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Presentation by Phil Feilds

Produced by Max Haroon,
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