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Cruciferous Vegetables

Cruciferous Vegetables are very good detoxifiers, they help to eliminate toxins, hormone metabolites and provide much needed fiber. They enable the liver to clear steroid hormones as well as other toxic byproducts of metabolism.

Recent research suggests that these potent little powerhouse vegetables, cabbage, cauliflower, broccoli, Brussels sprouts, mustard greens, collard greens, kale, turnip greens and kohlrabi contain an anti-cancer producing compounds. Studies conducted by the International Agency for Cancer Research and a host of other studies show that cabbage and broccoli eaters are less likely to develop lung cancer when they ate their cruciferous counterparts on a weekly basis. The protective effect of cruciferous vegetables was also found in non-smokers, although the association was less significant.

Research indicates that sulforaphane has the ability to increase the capacity of the liver to detoxify harmful, cancer-causing compounds. Specifically, sulforaphane increases the activity of the liver's Phase 2 detoxification enzymes. These enzymes (which include glutathione transferases, NAD(P)H: quinone reductase, and glucuronosyltransferases) are well known for their ability to clear a wide variety of toxic compounds from the body including not only many carcinogens, but also many reactive oxygen species, a particularly nasty type of free radical. By jump starting these important detoxification enzymes, compounds in crucifers provide protection against cell mutations, cancer and numerous other harmful effects that would otherwise be caused by these toxins.

Research on indole-3-carbinol shows this compound helps deactivate a potent estrogen metabolite (2-hydroxyestrone) that promotes tumor growth, especially in estrogen-sensitive breast cells. Indole-3-carbinol has been shown to suppress not only breast tumor cell growth, but also cancer cell metastasis (the movement of cancerous cells to other parts of the body).

Cruciferous vegetables

- Broccoli,
- Brussel sprouts
- Cabbage
- Cauliflower
- Collard greens
- Bok Choy
- Horseradish
- Kale
- Mustard seed
- Radishes
- Rutabaga
- Turnip
- Watercress