

# Broccoli Sprouts for Cancer Prevention. Thinking Beyond the Pink Ribbon.



Having a close family member affected by breast cancer put me on the path of figuring out how to prevent it. So, as October is a Breast Cancer Awareness month, I cannot help writing about REAL breast cancer awareness and prevention. It makes me sad seeing all the cookies, chips, lemonades, and other processed junk being endorsed with the pink ribbon stating that part of the profits will be donated to the cancer research. These are the foods that ultimately lead to gut bug imbalance, adding chemicals, high fructose corn syrup, and xenoestrogens to our diets and making us fatter, thus, predisposing women (and men!) to breast cancer and other types of cancers.

In my practice I prescribe a lot of DIM (Di-indolyl Methane) which is an aromatase inhibitor found in cruciferous vegetables like broccoli and cauliflower. Aromatase is an enzyme that converts testosterone into estrogen in the abdominal fat tissues. DIM promotes estrogen metabolism and excretion in women who have too much estrogen (estrogen dominance) or who metabolize estrogen into more carcinogenic estrogen metabolite.

*“Nearly all research studies on catechol estrogens and breast cancer have concluded*

*that in women not supplementing with exogenous estrogens, high levels of the*

*4-hydroxylated catechol estrogens(estradiol and estrone), and to a lesser extent*

*2-hydroxylated catechol estrogens, are associated with increased breast cancer risk.”*

See the full article [here!](#)

I am all for awareness and prevention of any cancer EVERY day, not just once a year for a month!

### **Spotlight: Broccoli Sprouts!**

Broccoli sprouts are great for detoxification and cancer prevention. I started buying them regularly and now even growing them in my sprouting jar. I put them on the salads and use them as a side or a condiment. Growing broccoli sprouts is easy, but here is a warning: They may stink! So rinsing them

regularly a couple times a day while they are growing helps to decrease the smell.

## **So, what is so great about broccoli sprouts?**

### ***Sulforaphane***

It is the main cancer-fighting component of broccoli sprouts. Chew them well to get the most benefit. They provide 100 times more sulforaphane than “adult” broccoli. They also do not constipate or cause flatulence that may happen if you are prone to constipation or have SIBO (Small Intestinal Bacterial Overgrowth) and decide to eat 2 cups of broccoli at once. Sulforaphane fights cancer by killing the cancer cells when they are small and by decreasing inflammation. It also helps by:

1. Detoxifying your liver from everyday exposure to harmful chemicals.
2. Blocking estrogen and detoxifying it, thus, decreasing the estrogen dominance in both men and women.
3. Decreasing inflammation.

## **Simple Way of Sprouting Broccoli Seeds!**

1. You can buy broccoli sprouts at most health-food stores or online.
2. Soak 2 tablespoons of seeds for 12 hours, rinse and drain them afterwards.
3. Put the seeds in a sprouting container or a mason jar. Cover with a special lid with holes in it or with a cheese cloth that has small holes in it and lets the sprouts breathe. Put the jar on the side which helps to

spread the seeds.

4. You have to wash them 2-3 times a day gently, drain them well. The sprouts will be ready in 7 days.
5. After rinsing them for the last time, dry them with a paper towel and keep them in the fridge for 5-7 days. Do not forget to chew them well to get the most benefits!