

Guillermou

NATURAL TREATMENT OF THE PERMEABLE INTESTINE Excellent article by Dr. Mercola, scientifically exposing the benefits of broccoli for intestinal health. The origin of many diseases is an altered intestinal flora, which is related to inflammation and intestinal intoxication, with an imbalance of the immune system. The permeable gut syndrome is an autoimmune condition, the origin of many diseases, due to the passage of peptides, microorganisms and toxins into the bloodstream.

articles.mercola.com/sites/articles/archive/2013/03/07/inflammation-tr.. /

www.nhs.uk/Conditions/leaky-gut-syndrome/Pages/Introduction.aspx

Organic food, without pesticides that alter the intestinal flora, the hepatic detoxification processes of phase I and II, , and promoting inflammation.

articles.mercola.com/sites/articles/archive/2014/04/15/glyphosate-heal..

Avoid irritating foods: sugar, processed foods, cereals, overeating foods made with spicy. Sugar is a poison, due to its inflammatory effect and intestinal flora alteration, favoring chronic fungal infections.

Avoid food allergens: gluten, soy, dairy, etc.

articles.mercola.com/sites/articles/archive/2012/01/21/grains-causing-.. / www.rush.edu/health-wellness/discover-health/eating-healthy-colon

Avoid lectin rich foods articles.mercola.com/sites/articles/archive/2017/08/14/reduce-lectins-..

Take infusions of antispasmodic plants: anise, mint, ginger, licorice, etc. and reduce stress, avoid medications, tobacco and sleep well gut.bmj.com/.../861.fu

www.ncbi.nlm.nih.gov/.../PMC3882397

Drink 2 liters of water a day, uncontaminated and better hydrogenated, to hydrate the intestines, avoiding constipation www.cancertutor.com/molecular-hydrogen-research

www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-d..

Guillermou

Carry a diet rich in prebiotics and probiotics to keep the flora in good condition. Acidophilus, bifidobacteria and L. casei: Microorganisms that can help in the general health of the intestinal zone and increase the production of nutrients necessary for the mucosa. Foods rich in probiotics and prebiotics. Onions, garlic, bananas, asparagus and artichokes are rich in FOS.articles.mercola.com/sites/articles/archive/2016/03/13/nourishing-gut-..

www.ncbi.nlm.nih.gov/.../23037903

Increase consumption of vegetables with high content of soft fiber, such as carrots, beets, broccoli and turnip are useful, as well as apricots, bananas, papaya, pears, cherries.articles.mercola.com/sites/articles/archive/2017/09/18/fiber-soluble-i..

www.sciencedaily.com/.../120628131358.htm

Increase consumption of vegetables rich in sulfur, which reduces inflammation and helps to regenerate membrane cells: onion, garlic, leeks, cabbage, cauliflower, Brussels sprouts, broccoli, figs, eggs, legumes.

Increase consumption of foods rich in essential omega-3 fatty acids and vitamin E: nuts, squash, and flax. They fight inflammation and favor the intestinal flora. Blue fish is essential for intestinal health because of its anti-inflammatory effect.articulos.mercola.com/sitios/articulos/archivo/2016/07/11/beneficios-d..

Increase the consumption of foods rich in beta-carotene, as it also helps to maintain the mucous membranes: cantaloupe melon, apricots, carrots, squash, zucchini, broccoli, spinach and other dark green vegetables.

Foods (not supplements) rich in glutamine, as it is a key amino acid in the connective tissue of the intestinal tract. It has antiinflammatory. Increases Glutathione, the king of antioxidants. Antioxidants with a diet rich in D, A, C, E, selenium and quercetin (onions).articles.mercola.com/sites/articles/archive/2013/12/22/dr-holick-vitam..

Posted On 10/30/2017

Guillermou

Excellent, NAO, and breast milk, because of the high number of antibodies, is the safest vaccine received by the child during the first year of life. The immunological components, both humoral and cellular, constitute their protective function against viruses, bacteria and parasites, evidencing the inflammation that damages the intestine,

Immunoglobulin, which has higher concentrations in breast milk, is IgA (90%), mainly in colostrum. In colostrum, IgA levels reach 300 mg / ml, decreasing in the second and third weeks, remaining constant in breast milk. These antibodies accumulate in the epithelial cells of the proximal jejunum and interfere with bacteria and viruses. Breast milk also contains IgAs, the other IgM, IgG, IgD and IgE immunoglobulins. Together they form a defense against disease.

In breast milk, bacterial and antiviral antibodies have been identified against infection-producing agents in infants and children. In addition to the bacterial and viral antibodies present in breast milk, it has a number of antibacterial factors, not antibodies. Among them, it is triggered: The bifido factor contributes to metabolize milk carbohydrates, producing lactic acid and formic acid or succinic acid, which create acidic pH in the feces. They facilitate the normal flora (gram +). It inhibits the growth of gram-negative bacteria, such as E. coli, Shigella, and other bacteria such as Staphylococcus aurea and Bacterioides fragilis.

Complementary components C3 and C4 have the ability to produce bacterial lysis by binding to specific antibodies (IgAs). Their concentration in colostrum is lower than in serum. Lactoferrin and transferrin, which has a bacteriostatic action and against Candida. Its concentration in breast milk is 300 times higher than in cow's milk. It increases its concentration, with the increase of the lactation time. Neuraminic acid, its antiviral and antibacterial activity. Its content in breast milk is 40 times higher than in cow's milk.

Posted On 10/30/2017

mirandola

The best article about leaky gut I have seen (requires medical terminology)

www.mdheal.org/leakygut.htm

Here, Dr Leo Galland makes an important point I haven't seen addressed anywhere else. He writes that histamines contribute to leaky gut. Nettles and quercitin, both together, are anti-histamine. I worked in wine country with lots of blooming mustard flowers, pollen allergies and histamine reactions were rampant. The combination of the two above, really worked. Dr Galland also writes about testing methods, protocols, etc great article ,check it out. Show this to a mainstream doctor to get them on board.

Posted On 10/30/2017

Guillermou

Very good article, Mirandola. We have read so many references from Dr. Mercola, that our mind can assimilate any report, although certain research studies need preparation of biochemistry and biology.

Posted On 10/30/2017

stanleybecker

I bring the water to the boil in my steamer pot - then I put quite a finely cut broccoli in their bamboo steamer platforms and place on top of the steamer pot - 5 minutes of high intensity steam - "hey presto" a "cooked enough" broccoli that hasn't lost many nutrients/ has its tough plant fibers sufficiently softened - just 5 minutes folks, I use a timer

Posted On 10/30/2017

Guillermou

Perfect Stan healthy and totally ecological. I've been looking at the bamboo steamers. An ecological way to cook and keep nutrients in food. Some have several levels, and allows you to prepare more than one dish at the same time.

I think, adding the walks you take by the seashore, your care in feeding, which transmits to your family and friends, the place where you live, will soon be RECOGNIZED AS A BLUE ZONE, such as Cerdeña, Okinawa, Loma Linda, Nicoya Peninsula and Icaria. YOU ARE SURE TO REACH THE CENTENARY, with what we have a great commentator, on Dr. Mercola website, for many years.

Posted On 10/30/2017

stanleybecker

Gui - bamboo steamers are cheap to buy, economical on energy [3 - 4 layers at once] and easy to clean [just a rinse under the cold water tap - they cannot be roughly treated at washing up stage as they will disintegrate] - I have steamed my vegetables for years using these amazing steamers

Posted On 10/30/2017

Guillermou

A great way to take care of health and the ecosystem. An example to follow. Surely your house, is also ecological with solar energy, taking advantage of the many hours of sunshine per year, or wind energy, by the proximity to the sea.

Posted On 10/30/2017

farmercist

I have a friend that had lymphedema for at least 12 years. It's considered incurable by top university doctors. However by following the Plant Paradox book, it was gone in 30 days. Truly amazing. There is a lot to the lectin / leaky gut idea.

Posted On 10/30/2017

mirandola

It's amazing what holistic medicine can do. I am so excited by it because of my own profound experiences. When you write that "it's considered incurable by top university doctors" yet your friend was healed so rapidly, I have to shake my head and repeat my refrain: "Then they call the naturopaths the quacks".....hahaha! It's time to turn the tables.

Posted On 10/30/2017

Guillermou

Hi farmercist. Also these links are interesting for the treatment of Lymphedema:

1. Natural remedies help lymphedema.

https://www.***/034069_lymphedema_natural_remedies.html

2. Lymphedema Help: Natural Treatment & Management Options.

www.healingcancernaturally.com/lymphedema-treatment-therapy.html

3. How to Reduce Lectins in Your Diet.

[articles.mercola.com/sites/articles/archive/2017/08/14/reduce-lectins-..](http://articles.mercola.com/sites/articles/archive/2017/08/14/reduce-lectins-.)

Posted On 10/30/2017

ChrisColes

Dr. Mercola, you will be aware of a new PR campaign castigating internet channels such as mercola.com and many others with the same message. Today, my system has marked your email to me as SPAM. It would seem that big pharma has set out to damage your message. Take care.

Posted On 10/30/2017

maxjohnson

I would advice to stop using that email service. But you can simply mark the email as not spam.

Posted On 10/30/2017

Alldogsgotoheaven

Great to know about broccoli as I love it. Just had home made broccoli soup a couple of nights ago. Thanks again, Dr. Mercola!!

Posted On 10/25/2017

Guillermou

This article by Dr. Mercola responds to the causes of the permeable gut Eating Grains Can "Tear Holes" in Your Gut articles.mercola.com/sites/articles/archive/2012/01/21/grains-causing-..

Posted On 10/30/2017

Brian_Australia

Major, in my humble opinion, it is gluten that corrupts and enlarges the tight junctions in the gut wall. Lectins prevent the repair. In wheat, barley and rye, those two elements occur together. As well as the grains, it is also their flours, therefore breads, pastries, pasta, cakes, biscuits and ilk. Those products should not only be avoided for that reason alone, they are also high in carbohydrates, which is sugar by another name. Be careful though if you swap over to "gluten free" bread and any such proclaimed products. Read the contents, there's usually something nastier in all of them that makes gluten appear to be a lesser risk. Broccoli and Brussel sprouts may indeed help hasten healing, but I doubt they are an antidote to the continued consumption of gluten.

Posted On 10/30/2017

Guillermou

Hi melissaw! Dr. Mercola recommends a diet low in carbohydrates, increasing the consumption of healthy fats such as olive oil, coconut, omega 3 fish, avocados, nuts, etc. It should be avoided especially gluten and also foods high in lectins. Personally, my low carbohydrate diet includes quinoa and rice with color mixing. Read this article by Dr. Mercola: [How to Reduce Lectins in Your Diet](http://articles.mercola.com/sites/articles/archive/2017/08/14/reduce-lectins-..)

I have also posted a double comment

Posted On 10/30/2017

iamblessediam

About gut wall tight junctures and leaky gut - is it gluten or glyphosate [an aborted glycine] that causes gut wall tight juncture disruption? In my humble opinion it's glyphosate - here's why. Glycine regulates the expression and distribution of tight junction [TJ] proteins, thereby contributing to intestinal mucosal barrier function - do the research - here's a start:

[www.sciencedirect.com/.../S0005273607003057] and this on gut dysbiosis:

[www.omegaonline.org/article-details/Does-Glyphosate-Acting-as-a-Glyci..] and this on animal gut wall: [www.ncbi.nlm.nih.gov/.../27029941].

Glyphosate is also a chelator originally patented to clean industrial pipes of accumulated metal deposits. Plant research showed glyphosate depleted - bound up - manganese, zinc and copper - important co-factor minerals - zinc is often viewed as a master mineral: [wellnessmama.com/.../zinc-deficiency].

I know I'll upset the never gluten crowd - but - facts is what facts is - leaky gut is caused by an environmental toxin that both Dr(s). Samsel and Seneff identify as glyphosate. After doing a lot of research I agree. In every gluten-related research paper I've read no distinction was made as to whether GMO or non-GMO gluten sources were used. The other thing to keep in mind comes from microbiota - gut - research and that is this - gut bugs play a huge role in maintaining gut wall tight junctures - they "communicate" with the neurons in the gut wall - it's the reason gut wall mucosa has what's called "slime" - mucosal biofilms - populated by both good and not so good bacteria:

[www.nature.com/.../npjbiofilms20155].

Glyphosate was also patented as an antibiotic - we all know what antibiotics do to gut health: [www.naturalhealth365.com/glyphosate-roundup-2170.html]. Without gut health being well is impossible! Love, blessings and peace!

Posted On 10/30/2017

Krofter

I've had an inflamed stomach since I was a toddler. I grew up on an extended family of wheat farmers. My grandparents, who lived next door, had a flour mill and ground fresh wheat from the farm and grandma made traditional whole wheat sourdough bread. This was decades before the advent of glyphosate. As an adult I was diagnosed by Dr. Andrew Weil as having IBS. When I removed grains and beans from my diet about 8 years ago I developed the flattest stomach I've had all my life.

Today's wheat is nothing like the wheat our ancestors ate -

erdakroft.com/Erdakroftfarm/Blogs/Entries/2017/3/12_reevaluating_glute..

yam - Having said that, I'm in agreement with everything you say, except that I would not rule out the possibility that gluten is the culprit for some folks.

Posted On 10/30/2017

rrealrose

I am or Yam, You will not upset me, and you are allowed your opinions. HOWEVER, according to Dr Peter Osborne who specializes in autoimmune conditions and sees leaky gut daily, it can come from both. Not either/or, and saying this belies the more common autoimmune conditions these days like Hashimoto's, now though to often stem from molecular mimicry, when thyroid tissue can be mistakenly read by antibodies as gluten (and possibly casein) particles, which they had been attacking...these are so similar in characteristics, these can easily be mistaken. So anyone with Hashi's still may need to be eating strict gluten-free and organic.

Geeze, its a wonder with the replay of Dr Hyman's BrokenBrain series this weekend, these details were spelled out by Izabella Wentz in the 4th episode, where she outlined organic, unprocessed food and no gluten or dairy for initial recovery period...and thereafter. Most of this info requires extensive reading on autoimmunity: Dr Amy Myers, Dr Datis, Dr Peter Osborne, Dr. Tom O'Bryan, Dr Zack Bush, Izabella Wentz, Dr Sara Ballantyne...its a shame Dr M does not normally interview these people as its complicated and often a deep dive into digestive/gut/liver/brain health. Fairly extensive, yes? Whatever the case, my conditions got progressively worse in the 90s. Assuming this was/is from having autoimmunity from at least 2 hidden or delayed reaction food sensitivities, now with added pesticide residues...fighting on 2 fronts!

Posted On 10/30/2017

rrealrose

Yam, Sorry, this is Out of date information. Please READ Dr. Allesio Fassano's work - he started working at Univ of MD on gut health, now he's head of a hospital dept at Harvard, here's a link to an earlier interview, the triggering enzyme for leaky gut he and his team found is named is called zonulin. Gluten is NOT the only enzyme or substance that triggers zonulin, Stress and excess cortisol can also trigger leaky gut. Am at work, cannot go further right now, he has several books out on their findings, and these are within the past 10 years. Here's a link for ya: www.glutenfreesociety.org/dr-fasano-on-leaky-gut-syndrome-and-gluten-s..

I cannot find it quickly, but clearly Dr Peter Osborne interviewed Dr Seneff a few years ago, and Stephanie remarked that glyphosate mimicks the same deficiencies and reactions in the body as someone suffering from celiac. Dr Seneff and Dr Samsel published a paper on that same topic. Dr Peter said he used to get people well just by eliminating wheat, rye and barley, but 10 years ago or earlier, it no longer worked, He remarked that his patients mostly need to go grain free to see recovery...that's most likely the pesticide issue. Both/and/cumulative. And I left Dr Dan Pompa's name off from the above list of autoimmune doctors...rushing. Not that many are out there..

This is an add: Chris Kresser did a good interview w Dr Fasano a few years back at this link: chriskresser.com/pioneering-researcher-alessio-fasano-m-d-on-gluten-au.. - and it is important that anyone with celiac or Hashi's not decide, for the hell of it, to add wheat back into their diets on some mistaken belief that they are no longer reactive. That's the only reason I am on today! (even if I keep missing the T key today)

Posted On 10/30/2017

mirandola

lamblessediam, BRILLIANT!!! I have had the same thought before. Cool that you have done the research and shown us the links, which I look forward to looking at ! Thank you.

Rrealrose, I think you are right too. I think that there are *many* contributors to leaky gut. In fact, probably varying contributors to many disease states or for that matter, imbalances. Glyphosate makes absolute sense, and so does gluten as a trigger. Let us also not forget, that wheat has changed drastically in modern times! It may not be as it was meant to be by Nature or the Creator, as you each believe. I am, it would not be the gluten per se that causes the leaky gut, but the physiological reactions and processes in response to it.

As for varying causes, here is yet another one that I have never yet seen discussed anywhere else. Dr Leo Galland MD mentions histamine reactions as one of the causes of leaky gut www.mdheal.org/leakygut.htm I posted this to Guillermou's thread and will cross-post here. The combination of nettles and quercetin can be very helpful with histamine reactions, in my experience www.vitacost.com/eclectic-institute-stinging-nettle-quercetin-350-mg-9..

Blessed be! :-)

Posted On 10/30/2017

Guillermou

IAM, excellent two post. I add these references:

Gut-Wrenching New Studies Reveal the Insidious Effects of Glyphosate
articles.mercola.com/sites/articles/archive/2014/04/15/glyphosate-heal..

Glyphosate, pathways to modern diseases II: Celiac sprue and gluten intolerance
www.ncbi.nlm.nih.gov/.../PMC3945755

Glyphosate and Roundup negatively affect gut bacteria detoxproject.org/glyphosate/glyphosate-and-roundup-negatively-affect-g..

Effects of Roundup (glyphosate) on gut microorganisms of farm animals
library.au.dk/fileadmin/www.bibliotek.au.dk/fagsider/jordbrug/Speciale..

Glyphosate destroys the gut and triggers autoimmune disease www.sott.net/article/312956-Glyphosate-destroys-the-gut-and-triggers-a..

The shikimate pathway, the microbiome, and disease: bhealth effects of gmos on humans
teca.fao.org/sites/default/files/comments/files/GMO%2CShikimate_pathwa..

Posted On 10/30/2017

Musikat

I love broccoli, cabbage, brussel sprouts. My family does not. But how much broccoli is enough? It seems when I buy it and steam it, I'm the only one eating it. If only I could convince them.

Posted On 07/19/2018

Jackiemacgirvin

I wonder if broccoli sprouts would give the same effect or even better? I would feel weird cooking them though. Anyone know about this? Thanks.

Posted On 11/02/2017

courtneylynn

Ok, so my 5 year old will only eat broccoli raw while rubbing it in ghee. Is there any health benefit if not cooked? I know the answer is in the article stating to cook it, but just wanted to see if anyone came across any information that shows in any health benefit to the gut when eaten raw.

Posted On 10/31/2017

Acroyali

Not sure about broccoli, but the water from boiled cabbage is an excellent stomach settler =)

Posted On 10/30/2017

JoccGee

Eating whole and natural foods is always the way to go. God doesn't make any mistakes

Posted On 10/30/2017

Guillermou

Broccoli contains glucoraffin, sulforaphane, selenium and isothiocyanates. It has a high vitamin content. C and dietary fiber. Indole-3-carbinol can also be found in abundance in broccoli. Since they continue Possessing a number of anti-cancer qualities and benefits, these components found in broccoli are well recognized for being extremely popular. It is widely used to treat different types of cancer, as well as other neurological diseases. The phytochemical and medicinal potential of broccoli is currently covered review. The medicinal potential of broccoli has been discussed in relation to its use in the treatment of cancer, diabetes and other major diseases.

Broccoli sprouts contain sulforaphane, which has the potential to treat neurological conditions such as Parkinson's and Alzheimer's disease. It is a good source of health, promoting compounds such as glucosinolates, flavonoids, hydroxycinnamic acid and vitamins according to a comprehensive review of the literature. Furthermore, broccoli is a type of nutrient that has a wide range of beneficial effects, such as antioxidant, anti-cancer, hepatoprotective, anti-obesity, and anti-diabetic.

www.thepharmajournal.com/archives/2023/vol12issue6/PartH/12-5-545-230... (2023).---

Posted On 02/29/2024

Guillermou

Epidemiological evidence suggests that broccoli consumption is inversely associated with the risk of developing cancer at several sites, including the prostate, breast, stomach, and colon. Epidemiological links of broccoli consumption with cancer preventive benefits in humans have been supported by laboratory and small-scale clinical studies. Such protective effects have been largely attributed to isothiocyanates, including sulforaphane. The primary mechanism of broccoli is believed to be Nrf2-mediated induction of carcinogenic detoxifying/antioxidant enzymes that stimulate the neutralization/elimination of carcinogens and their reactive metabolites or enhance physiological defense against oxidative DNA damage.

Other mechanisms have been identified and The list is expanding to cover almost all carcinogenic processes. In addition to its effects on signal transduction mediated by oncogens or tumor suppressor genes, epigenetic regulation is also important in cancer chemoprevention with sulforaphane. Interestingly, sulforaphane induces epigenetic regulation of Nrf2 expression, presumably by promoting demethylation of the gene promoter. [onlinelibrary.wiley.com/.../fft2.61](https://onlinelibrary.wiley.com/doi/10.1002/fft2.61) (2021).---- [www.mdpi.com/.../4796](https://www.mdpi.com/1422-0067/23/4/4796) (2021).--- [www.sciencedirect.com/.../S0753332223015184](https://www.sciencedirect.com/science/article/S0753332223015184) (2023).---- [link.springer.com/.../s12032-023-02211-6](https://link.springer.com/10.1007/s12032-023-02211-6) (2023).--- [www.mdpi.com/.../6979](https://www.mdpi.com/1422-0067/23/4/6979) (2023).---

Posted On 02/29/2024

cedricpermaculture

Broccoli with butter can deliver substantial portion of phylloquinone. Osteocalcin supports lowering of cortisol. Flowers (like broccoli) contain molybdenum which raises testosterone, lowers sulphite, saves thiamine.

Posted On 02/29/2024

Guillermou

Broccoli with butter a very tasty dish. Raw butter from organically raised cows is an excellent food, rich in beneficial nutrients including vitamins, minerals, CLA and healthy fats. 20 percent of the fat in butter consists of medium and short chain fatty acids, with anti-cancer action and are a quick source of energy, not contributing to blood fat levels, protecting against cardiovascular diseases. Butter contains approximately 3 to 4% of the short-chain fatty acid butyrate in the form of tributyrin, which has potent anti-inflammatory effects resulting in protection against colon cancer, inflammatory bowel disorders, and autoimmune disease, nervous system, insulin sensitivity, against obesity, etc.

Butter contains vitamins A and D for the immune system and bones and a good source of iodine for the thyroid gland. It has the Wulzen or "anti-stiffness" factor that protects against joint calcification and arthritis. Contains glycosphingolipid fatty acids that protect against gastrointestinal infections and are anti-fungal. Sources of short-chain fatty acids such as butyrate are, in addition to butter, the fibers of inulin, FOS and GOS, resistant starch, pectin, arabinoxylan and arabinogalactan, which are especially beneficial.

Fructooligosaccharides (FOS) such as bananas, onions, garlic and asparagus and pectin in apples, apricots, carrots, oranges and others. Inulin from artichokes, garlic, leeks, onions and asparagus. Good combination of butter with vegetables. www.westonaprice.org/health-topics/know-your-fats/why-butter-is-better.. TOP 22 SCIENCE-BASED HEALTH BENEFITS OF BUTYRATE AND ITS DERIVATIVES. dailyhealthpost.com/butyrate-benefits (2018)

Posted On 02/29/2024

bchristine

I enjoy broccolini more than regular broccoli. I've wondered if it has the same nutritional benefits?

Posted On 02/29/2024

Guillermou

Keep up, bchristine, enjoying and improving your health. Bimi is a natural hybrid achieving a unique result with a very high nutritional value. Back in the 1990s, bimi or broccolini appeared in Japan, the result of crossing two plants, broccoli (*Brassica oleracea*) and kailaan (*Brassica oleracea*), known as Chinese cabbage, Chinese kale. What happens with hybrid products is that they take the best of each of the foods, and they are usually treated as superfoods because they reach nutrients in abnormal but healthy quantities. These foods seek harmony for a healthy, varied and balanced diet. Bimi is part of the cruciferous family, such as cabbage, cauliflower or broccoli, which stand out for their water content and low caloric value.

It is rich in fiber and regulates intestinal transit. The vitamin content is high, highlighting folic acid, a group B vitamin, which improves the feeling of daily fatigue and keeps our immune system at bay. It is also a source of vitamin A and C that help us maintain radiant skin. Of the minerals, potassium stands out, which helps us maintain blood pressure, but we also highlight magnesium and calcium, which regulate blood pressure and help us maintain strong bones, without forgetting the iron and zinc content.

Its antioxidant and anti-inflammatory function is thanks to phenolic compounds such as sulforaphane, known as the anti-cancer molecule, and flavonoids, a natural pigment, which combat "antiaging" cellular oxidation and strengthen the antitumor effect in our body., as well as control of cardiovascular diseases. Another function to take into account is anti-constipation. The high fiber content, 3 g per 100, helps to correctly regulate intestinal transit. Natural prebiotic that improves the essential intestinal flora and our immune system to deal with possible infections.

Posted On 02/29/2024

bchristine

Thank you for all that great information Gui!! I will continue eating my broccolini i.e. "bimi" - I like that! I just wish it were not so expensive, but imo, well-worth the extra change :)

Posted On 03/01/2024

Broccoli? I have been reading about these plant-based food as all cruciferous vegetables have been linked to increase rates of thyroid cancers. Broccoli, Cabbage consumption results with toxins damaging our DNAs. Damaging DNA can lead as the main precursor event in most types of cancers.

Posted On 02/29/2024

Guillermou

Thyroid cancer risk is associated with poor iodine intake. Of particular interest is the stronger association of cruciferous vegetables with thyroid cancer (OR = 1.86) in women with a daily iodine intake of less than 96 g/day, that is, with moderate iodine deficiency. This finding is consistent with biological mechanisms indicating that goitrogenic substances contained in cruciferous vegetables inhibit iodine absorption by the thyroid, thus increasing iodine deficiency within the thyroid gland and the growth of thyroid cells through the thyroid gland.

TSH stimulation. In the pooled analysis of 11 case-control studies, cruciferous vegetables were not associated with thyroid cancer and no difference was evident between iodine-rich or iodine-deficient areas. High consumption of cruciferous vegetables was associated with an increased risk in people who once lived in goiter-endemic areas in Sweden. . In contrast, American studies conducted in Los Angeles and Hawaii reported a decreasing risk with frequent consumption of turnips and rutabagas and a negative association with high consumption of cruciferous vegetables.

Since consumption of cruciferous vegetables is higher and iodine deficiency is possibly stronger in Melanesian women than in other ethnic groups, these dietary factors may contribute, along with other anthropometric or reproductive risk factors previously identified in this study, to explain the exceptionally high incidence. of thyroid cancer in this group. www.ncbi.nlm.nih.gov/.../PMC3496161

Posted On 02/29/2024

Guillermou

Very high consumption of cruciferous vegetables, such as cabbage and turnips, has been found to cause hypothyroidism (insufficient production of thyroid hormones) in animals (54). Two mechanisms can potentially explain this effect. Hydrolysis of progoitrin, found in cruciferous vegetables (see Figure 1), can produce a compound known as goiter, which can interfere with thyroid hormone synthesis. Hydrolysis of another class of glucosinolates, known as indole glucosinolates, results in the release of thiocyanate ions (see Figure 2) that can compete with iodine for absorption by the thyroid gland (55). However, increased exposure to thiocyanate ions from eating cruciferous vegetables or, more commonly, smoking cigarettes, does not appear to increase the risk of hypothyroidism unless accompanied by iodine deficiency.

Most meta-analyses found inverse associations between cruciferous vegetable intake and the risk of bladder, breast, colorectal, endometrial, gastric, lung, ovarian, pancreatic, prostate, and kidney cancer. Subgroup analyzes showed that inverse associations remained significant in pooled analyzes of case-control studies, but not in pooled analyzes of prospective cohort studies (see Table 1).

lpi.oregonstate.edu/.../cruciferous-vegetables

Posted On 02/29/2024
