



Sulforaphane slows or prevents stomach cancer

Helicobacter pylori (*H. pylori*) is an infectious bacterium causing gastritis and peptic ulcer throughout the world. If left untreated, it can cause stomach cancer¹. *H. pylori* infection is particularly a problem in developing countries, where clean drinking water is not always available – and where the cost of antibiotics is often prohibitive. When *H. pylori*-contaminated human tissue was incubated with sulforaphane, the bacteria died. Furthermore, when mice were infected with *H. pylori*, then treated with sprouted broccoli seeds rich in sulforaphane, the bacteria died. A clinical study of patients infected by these bacteria and suffering from peptic ulcer showed excellent response. The patients were fed 70 g of broccoli sprouts daily. After 8 weeks, the level of bacteria was too low to measure. But after another 8 weeks with no broccoli sprouts, bacteria grew back. Incorporating broccoli into one's permanent diet might maintain a healthy stomach.

1. Yanaka, A. Role of sulforaphane in protection of gastrointestinal tract against *H. Pylori* and NSAID-induced oxidative stress (2017) *Current Pharmaceutical Design*, 23 (27), pp. 4066-4075