



Prostate cancer prevention with broccoli

Epidemiology studies show that men who include broccoli in their diet are less likely to suffer from prostate cancer¹. In a clinical study, men diagnosed with prostate cancer were given a broccoli soup every week for a year. Cancer development was greatly diminished compared to men not eating broccoli. In fact, many of the genes that are usually activated, or turned on, during development of prostate cancer, were significantly less active². These benefits are also seen in studies feeding broccoli sprouts to mice that have a genetic prostate cancer³.

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