

Breast Cancer

Cruciferous Vegetables



Two ½ cup servings a day can make a profound difference in long term health. Sources of Cruciferous Vegetables include:

Kale, collards, Chinese broccoli, cabbage, Brussels sprouts, kohlrabi, broccoli, broccoflower, broccoli Romanesco, cauliflower, bok choy, mizuna, broccoli rabe, flowering cabbage, Chinese cabbage, napa cabbage, turnip root; greens, rutabaga, Siberian kale, wrapped heart mustard cabbage, mustard seeds, brown, white, black; mustard greens, tatsoi, Ethiopian mustard, radish, daikon, horseradish, Wasabi, Arugula, watercress, cress

Phthalates are a toxic class of chemicals whose presence is ubiquitous in everyday life. These chemicals have been linked to multiple health concerns including infertility, gestational diabetes, ADHD, asthma, cardiovascular concerns, thyroid problems, and cancer. In our modern world, optimal health can only be achieved through the detoxification of phthalates. This can be accomplished with dietary supplements such as selenium, folate, vitamins C and E, resveratrol, curcumin, and silymarin. Chris Melitis (TM phthalates references.)

Microplastics can be small enough to be engulfed by cells, where they are transported by the lymphatic and blood systems and have the potential to bioaccumulate. Microplastics are known to contain harmful chemical additives incorporated during manufacture and may adsorb pollutants from the surrounding environment. Many of these associated chemicals are recognized priority pollutants with known adverse health effects and are speculated to be released to tissues. Additionally, the persistent nature, irregular shapes and surface chemistry of small particles may cause an inflammatory response.