



Why Sprouts?

1. Sprouts are biogenic, alive and capable of transferring their life energy to your body.
2. Sprouts are one of our finest food sources of the compound, saponins. Saponins lower the bad cholesterol and fat but not the good HDL fats. Animal studies prove their benefit in arteriosclerosis and cardiovascular disease. Saponins also stimulate the immune system by increasing the activity of natural killer cells such as T- lymphocytes and interferon.
3. Broccoli sprouts have phytonutrients (not found in broccoli alone) that fight cancer and other diseases while promoting more antioxidant activity. From 1992 to 1997, a John Hopkins research team searched for broccoli's cancer fighting compound. They isolated the cancer fighting phytochemical glucoraphanin, which is the precursor to sulforaphane, proven to boost cell enzymes that protect against molecular damage from cancer-causing chemicals. Sulforaphane has been shown to mobilize, or induce, the body's natural cancer protection resources and help reduce the risk of malignancy. Broccoli is the best source of the chemical precursor to sulforaphane -- glucoraphanin. Now, broccoli sprouts are an "exceptionally rich source" of inducers of cellular enzymes for "detoxifying" chemical carcinogens -- cancer causing compounds (more than 50% more than broccoli alone). Due to this research, by 1997, John Hopkins' concluded that broccoli sprouts promoted much more cancer protection and antioxidant activity than broccoli alone. They even tried to patent broccoli sprouts. The compounds from broccoli sprouts are potent enhancers of phase 2 enzymes, which speed the detoxification of electrophiles and reactive oxygen metabolites. Therefore, they say, induction of phase 2 enzymes by these compounds can "...protect cells against mutagenesis and neoplasia." When combined with other super-foods like chlorella, they can actually reverse cancer and result in the elimination or shrinkage of cancer tumors.
4. Sprouts, such as alfalfa, contain canavanine, an amino acid analog that provides benefit for pancreatic, colon and leukemia cancers. In 2011, the September Oncology Report, found that sulforaphane suppressed breast cancer cell proliferation and growth. In fact, the research committee found that Sulforaphane inhibited the growth of cultured human breast cancer cells, leading to cell death or apoptosis. Brussels sprouts and cabbages (sprouts) contain many phytochemicals, vitamins and minerals that inhibit the growth of breast cancer or the reduction of tumors.



Why Sprouts? (continued)

5. Sprouts contain enzymes which aid in digestion and convert starches into sugars, protein into amino acids and fats into fatty acids. Enzymes are destroyed in cooked foods. When live enzymes are available, the body doesn't store unnecessary vitamin and mineral supplements.
6. Sprouts provide the highest quality proteins, which are easy for the body to use, are low in fat and contain no saturated fat or cholesterol.
7. Sprouts contain essential vitamins, proteins and minerals in their purest, natural forms.
8. Sprouts have curative abilities because they contain phytochemicals that help protect us from disease.
9. Sprouts provide a good source of fiber, which stimulates the body's internal self-cleansing abilities.
10. Sprouts are abundant in plant estrogens which increase bone formation and density and prevent bone breakdown and osteoporosis.
11. Sprouts are an excellent source of active anti-oxidants that protect the DNA from destruction and protect us from the ongoing effects of aging.
12. Sprouts, such as alfalfa, contain canavanine, an amino acid analog that provides benefit for pancreatic, colon and leukemia cancers.
13. Sprouts can provide you with a fresh garden in your kitchen when none other is available. You can have fresh sprouts in 2 to 4 days. Seeds can be stored economically for long periods of time.

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