

Eat Your Broccoli to Protect Your Baby

Broccoli, cauliflower, cabbage and other cruciferous vegetables contain a cancer-protective nutrient called Indole-3-carbinol (I3C). Research at the Linus Pauling Institute at Oregon State University suggests that **pregnant and nursing women who eat lots of cruciferous vegetables may be able to protect their babies not only against childhood cancers but against lung cancer later in life.**

In the study with mice, investigators exposed pregnant animals to a single high dose of an **environmental pollutant called polycyclic aromatic hydrocarbons (PAH), produced in the real world by cigarette smoking or burning wood, coal, cooking oil or diesel fuel.** They found that 80 percent of the baby mice died young from an aggressive type of lymphoma and all of the survivors developed lung cancer in mouse middle-age. When they gave pregnant mice supplements of I3C along with exposing them to PAH, the lymphoma deaths were halved and the mid-life lung cancers were significantly reduced.

This is one of the first studies to suggest that dietary protection against cancer can begin *before* birth.

The researchers warned against taking supplements of I3C during pregnancy – **high doses in the first trimester may cause birth defects. * (see below-dw) But pregnant women can safely eat lots of broccoli and other types of cruciferous vegetables.** The study was published in the October 2006 issue of *Carcinogenesis*.

The University of Mississippi is conducting a study on pregnancy health and JP+. (**JP+ is whole food based, nothing in high doses**) The preliminary results are exciting. Just think, if we are eating as many cruciferous vegetables as we can and bridging the gap with JP+ we may be protecting ourselves, our children *and* our grandchildren! **EAT YOUR JP+ EVERYDAY...17 FRESH RAW FRUITS AND VEGETABLES (27+ with Vineyard Blend!)**