

Unveiling the Power of 35 Phytochemicals: Nature's Secret Weapons for Disease Prevention

- 1. Anthocyanins** (blueberries, cherries, cranberries): Powerful antioxidants that protect against heart disease, cancer, and cognitive decline.
- 2. Beta-carotene** (carrots, sweet potatoes, pumpkins): Converted to vitamin A in the body, essential for vision, skin health, and immune function.
- 3. Catechins** (green tea, dark chocolate): Potent antioxidants that reduce inflammation, improve cardiovascular health, and boost cognitive function.



35 HEALTHY PHYTOCHEMICALS: Natural source to prevent diseases by Michael Senoff

★★★★★ 5 out of 5

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- 4. Chlorophyll** (green leafy vegetables): Anti-inflammatory and antioxidant, supports detoxification and promotes wound healing.

5. Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts): Rich in sulforaphane, a compound with potent cancer-fighting properties.

6. Curcumin (turmeric): Powerful anti-inflammatory, may reduce the risk of heart disease, cancer, and Alzheimer's disease.

7. Ellagic acid (pomegranates, strawberries, walnuts): Antioxidant and anti-inflammatory, may protect against cancer and heart disease.

8. Epigallocatechin gallate (EGCG) (green tea): Antioxidant, anti-inflammatory, and cancer-fighting properties.

9. Flavonoids (berries, citrus fruits, onions): Antioxidants that protect against chronic diseases, including heart disease, cancer, and Alzheimer's disease.

10. Genistein (soybean products): Isoflavone with estrogen-like properties, may reduce the risk of breast cancer and improve bone health.

11. Gingerol (ginger): Anti-inflammatory and antioxidant, may reduce nausea, pain, and inflammation.

12. Indole-3-carbinol (I3C) (cruciferous vegetables): May protect against cancer, particularly breast cancer.

13. Isothiocyanates (cruciferous vegetables): Sulfur-containing compounds with antioxidant and cancer-fighting properties.

14. Kaempferol (apples, broccoli, onions): Antioxidant and anti-inflammatory, may reduce the risk of cancer and heart disease.

- 15. Lycopene** (tomatoes, watermelon, pink grapefruit): Powerful antioxidant, particularly effective against prostate cancer.
- 16. Lutein** (spinach, kale, corn): Protects the eyes from macular degeneration and cataracts.
- 17. Omega-3 fatty acids** (flaxseeds, chia seeds, walnuts): Essential fatty acids that support heart health, brain function, and immune function.
- 18. Phenolic acids** (berries, apples, pears): Antioxidants and anti-inflammatories, may reduce the risk of chronic diseases.
- 19. Phycocyanin** (blue-green algae): Antioxidant, anti-inflammatory, and antiviral properties.
- 20. Quercetin** (apples, onions, broccoli): Antioxidant and anti-inflammatory, may reduce the risk of heart disease, cancer, and allergies.
- 21. Resveratrol** (red grapes, blueberries, dark chocolate): Antioxidant and anti-inflammatory, may protect against heart disease and cancer.
- 22. Saponins** (legumes, soybeans, beans): Cholesterol-lowering and anti-cancer properties.
- 23. Sulforaphane** (cruciferous vegetables): Powerful antioxidant and cancer-fighting compound.
- 24. Tocopherols** (vitamin E): Essential for cell health, antioxidant and anti-inflammatory properties.

25. Zeaxanthin (spinach, kale, corn): Protects the eyes from macular degeneration and cataracts.

Include cruciferous vegetables: Broccoli, cauli



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