

In 2013, the *New England Journal of Medicine* reported on a study by Harvard School of Public Health that looked at how nut consumption affected the health of nearly 120,000 nurses over 30 years.

The results were pretty clear:

Eating nuts is associated with decreased “bad” LDL cholesterol and lowered blood pressure, along with “blood pressure responses to stress.”

The research also found that “nut consumption helps boost a process called **reverse cholesterol transport**, by which HDL particles in the blood sweep away fatty plaque from clogged arteries.”

This is all great news, but what about cancer?

That same Harvard nurse study concluded that simply eating nuts on a regular basis is a “viable means for breast cancer prevention.”

Another study, this time in the journal *Breast Cancer Research & Treatment*, reported that even high-risk groups, such as “girls with a **family history** of breast cancer, had significantly lower risk” if they consistently consumed nuts.

A 2013 report in the *British Journal of Cancer* concluded that **eating just a couple ounces of nuts per week** resulted in a “significantly lower risk of pancreatic cancer.”

Pancreatic cancer is one of the deadliest and most aggressive forms of cancer, with a 5 year survival rate of about 7%.

When it comes to vitamins, supplements, antioxidants, etc.. the question is always: how much is actually being absorbed?



When it comes to anti-cancer nutrients, the more absorption the better.

So, what about **allyl-isothiocyanate (AITC)**, one of the main antioxidants found in cabbage?

In 2010, the journal *Molecular Nutrition & Food Research* reported that “**bioavailability of AITC is extremely high, as nearly 90% is absorbed.**”

So, now that past research has found that this cabbage compound can make it into our blood, the next question is: does it do anything for us?