

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?