

Healing Ingredient	Benefit	Foods with Content
	action, PMS	sprouts, kale
Isothiocyantes	Stimulates liver, helps blood pressure	Mustard, horseradish, radishes
Limonoids	Alkalines, has enzyme action	Citrus Fruits
Lycopene	Fights cancer and its progression	Tomatoes, red grapefruit
Monoterpenes	Fights cancer, antioxidants, lowers cholesterol production and helps protective enzyme activity	Parsley, carrots, broccoli, cabbage, cucumbers, squash, yams, tomatoes, eggplant, bell peppers, citrus
Phenolic acids	Fights cancer, blood cleanser	Parsley, carrots, broccoli, tomatoes, cabbage, bell peppers, citrus fruits, whole grains, berries
Phthalides	Detoxify carcinogens, blood cleanser	Parsley, carrots, celery
Plant sterols	Block estrogen promotion of breast cancer activity, decreases cholesterol	Broccoli, cabbage, cucumbers, squash, yams, tomatoes, eggplant, bell peppers, soy products, whole grains
Polyacetylenes	Fights cancer, regulates prostaglandins	Parsley, carrots, celery
Triterpenoids	Prevents decay, fights cancer	Citrus fruits, licorice root, soy products

Food Medicine 2