

Broccoli sprouts

Description

Sprouts

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Broccoli sprouts contain 10-100x more sulforaphane than mature broccoli. Sulforaphane in animal & human studies appears to help reduce heart disease, diabetes, skin damage, autistic symptoms, liver damage, kidney damage, seizures, schizophrenia, liver damage, substance abuse, pain, muscular dystrophy, pain, cancer & help brain/cognitive functioning & hair growth.

It's easy to soak a couple tablespoons of organic broccoli seeds overnight, then let dry & rinse 3 times a day, introduce to half day of indirect sunlight at 4 days (1/2 in long) then eat daily. They should smell fresh, otherwise rinse & cook briefly.

selfhacked.com/blog/panacea-benefits-broccoli-sprouts-sulforaphane/

draxe.com/nutrition/broccoli-sprouts

Category

1. Uncategorized

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