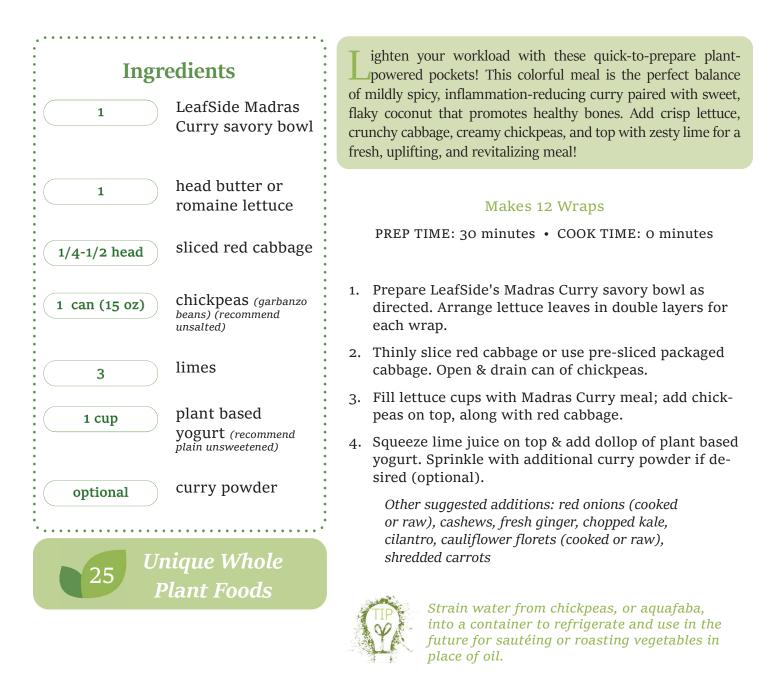
## Light & Crisp Curry Lettuce Wraps



## Sulforaphane the Superhero

Cruciferous vegetables like broccoli, cauliflower, collards, or the kale and cabbage in this meal, are unique in that they offer the powerful nutrient called sulforaphane (we'd prefix it with Super and capitalize Sulforaphane, but that's just us). Its studied superpowers include blocking cancer cell growth and spread, repairing DNA damage, helping your liver do its detox dance, protecting your eyes and brain, reducing inflammation generally, and even helping to relieve autism symptoms. The one caveat is that heat and cooking deactivate sulforaphane, so if you don't like your veggies raw, you'll need just a bit of mustard and its magical myrosinase enzyme, to reactivate sulforaphane fully. Thanks to Dr. Greger for that tip, and for giving these veggies their own place in his Daily Dozen! <sup>17</sup>



Have Feedback? Scan the QR code with your phone camera.