



## MEDIA RELEASE

### SCIENTISTS DISCOVER “THE SUPER SPROUT”

More powerful than antioxidants! Able to leap into your cell’s genes and switch on your body’s defence shield. Look in your garden! It’s green, it’s crunchy! It’s Super Sprout!

The humble off-spring of the broccoli plant has emerged as one of the most potent and remarkable plant medicines in the world.

Scientists have found that when broccoli or broccoli sprouts are cut or chewed a chemical reaction takes place forming a powerful substance called Sulforaphane.

Research has found that Sulforaphane may be capable of protecting against and treating heart disease, skin cancer as well as stomach and intestinal cancers. Nutritional Medicine Clinician, Christine Houghton from the University of Queensland will discuss the remarkable findings at the AustralAsian Academy 2009 AustralAsian Academy of Anti-Ageing Medicine Conference in Melbourne on October 3 & 4.

Her Australian lecture will centre on “Nutrigenomics” which uses potent diet-derived biomolecules, like Sulforaphane, to defend the body and alter the course of disease.

Houghton explains that Sulforaphane is one of the most remarkable plant bioactives currently available for optimising cellular function and overall health.

“Sulforaphane talks to your DNA and can give your body’s natural defence system a super-boost,” Houghton said.

“Studies have found that Sulforaphane influences about 200 genes of the cell’s defence system.”

In breaking research funded by the British Heart Foundation, scientists found that Sulforaphane may protect against inflammation and atherosclerosis of the arteries.

The research, due to be published in November by the American Heart Foundation journal *Arteriosclerosis, Thrombosis, and Vascular Biology*, used Sulforaphane to activate the Nrf2 switch and found that it may suppress vascular inflammation.

In another study by Johns Hopkins University, broccoli sprouts were found to significantly reduce a person's risk of ulcers and stomach cancer. In this study, published in the journal *Cancer Prevention Research*, scientists found a 40% decrease in the amount of *Helicobacter pylori* bacterium (HpSA). This bacterium is known to significantly increase the risk of stomach cancer and duodenal / stomach ulcers.

Scientists have also found the "Super Sprout" was found to have protective effects against UV radiation.

"Sulforaphane is a small molecule that is easily taken up by human cells and once inside acts as a '*signalling molecule*' - sending messages to other parts of the cell including the cell's genes," Houghton said.

"Once inside the cell's genes, Sulforaphane activates a '*switch*', called Nrf2, which turns on the cell's internal defences and restores activity to normal.

"Remarkably, Sulforaphane enhances the cell's ability to defend itself from harmful free radicals and break down toxins.

"Regular consumption of broccoli or broccoli sprouts is a simple way to activate your body's own protective mechanisms which naturally decline as we age or are unwell.

"Broccoli and its sprouts must be eaten raw and consumed within 30 minutes of preparation as the chemical reaction is only active for a short time."

Raw broccoli sprouts are difficult to obtain in stores but a powdered version is available from naturopaths, integrative health doctors and select health food stores. Some companies sell home kits to grow your own sprouts.

Research Studies:

[Sulforaphane & Skin Cancer](#) -

<http://www.pubmedcentral.nih.gov/articlerender.fcgi?tool=pmcentrez&artid=2077285>

[Sulforaphane & The Gut](#) - <http://www.webmd.com/digestive-disorders/news/20090406/broccoli-sprouts-good-for-the-gut>

Sulforaphane & the Heart – due to be published in November.

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