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# Broccoli sprouts the latest in wonder food

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IF, like most kids in the world, yours push broccoli to the side of the plate, then the answer might be broccoli sprouts.

Not only do the sprouts look less imposing than the green vegetable, but they might just prove to be a life saver.

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 the sprouts are cut or chewed a chemical reaction takes place within the sprout forming a powerful substance, sulforaphane.

Research suggests sulforaphane may protect against and treat heart disease, skin cancer, stomach and intestinal cancers.

Nutritional medicine clinician, Christine Houghton

from the University of Queensland will discuss the findings at the 2009 Australasian Academy of Anti-Ageing Medicine conference in Melbourne on October 3 and 4. Ms Houghton explains that sulforaphane is one of the most remarkable plant bioactives 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,” she said. Research funded by the British Heart Foundation found sulforaphane may protect against inflammation of the arteries and atherosclerosis.

“Broccoli sprouts must be eaten raw and consumed within 30 minutes of preparation as the chemical reaction is only active for a short time,” Ms Houghton said.