



The Broccoli Sprouts Breakthrough: The New Miracle Food for Cancer Prevention

Deborah R. Mitchell

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In 1992, scientists found that broccoli sprouts contain an important cancer-fighter called "sulphoraphane". This book reveals information on this latest, most exciting weapon against cancer. It provides not only the how and why sprouts work, but facts and figures on the latest cancer research and the startling statistics linked to this horrible disease.

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