

# Health Benefits of Cabbage

- abundant in vitamin C
- rich in fiber
- rich in sulphur
- rich in iodine
- beneficial detoxifier
- helps with constipation
- boosts immune system
- anti-bacterial
- anti-viral
- Improves blood flow
- reduces free radicals
- helps with gastric ulcers
- raw cabbage juice contains the antilucer factor, vitamin U

- benefits the nervous system
- lowers risk of colon cancer
- anti-inflammatory
- helps with endocrine system
- rich in glucosinolates
- source of indole-3-carbinol
- relieves painfully engorged breasts in breastfeeding (leaves)
- low calorie
- reduces cholesterol
- promotes healthy digestive system
- boosts energy
- repairs damaged skin cells



Garnett Cheney, M.D., professor of medicine at Stanford University School of Medicine in the 1950's, demonstrated that a quart of fresh cabbage juice every day relieved pain & healed both gastric & duodenal ulcers better & faster than standard treatments. In a test of 55 patients who drank cabbage juice, 95% felt better within two to five days.

