Health Benefits of Cabbage

abundant in vitamin C
rich in fiber
rich in sulphur
rich in icinene
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
anti-ulcer 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.

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