

Week 4: The Healing Power of Cabbage

Asian-Fusion Salad with Sesame-Ginger Dressing

INGREDIENTS

1/2 small purple cabbage - 1/2 small green cabbage
4-5 green onions (white and green parts)
2-3 stalks celery, cut on diagonal
2-3 carrots, grated
small bunch cilantro
small bunch mint leaves
handful of almonds (soaked and dried)
2 tbsp roasted sesame seeds (can add pepitas, too!)
1/4 c. organic raisins (optional)

TO DO:

Place the following in a large bowl:

- Sliced cabbage, very thin.
- Diced green onions on a diagonal (white and green parts)
- Sliced celery in half, lengthwise, then dice on diagonal
- Grated carrots
- Chopped cilantro and mint, small
- Place almonds in NutriBullet. Pulse 2-3 seconds to chop them into small pieces.

Mix together in large bowl. Add almonds, sesames, pepitas and raisins, if you choose, and mix. Toss with Creamy Sesame-Ginger Dressing. Enjoy!



Creamy Sesame-Ginger Dressing

INGREDIENTS

1/2- 1 cup soaked cashews
1 clove garlic
2 tbsp dark sesame oil & 2 tbsp olive oil
1 tbsp Apple Cider Vinegar (or rice vinegar)
juice of 1-2 large limes (2 is nice and tangy)
juice of 2" [grated ginger](#) root (grate and squeeze juice)
3 tbsp [Braggs Coconut Aminos](#) (a bit sweeter)
Dash of Cayenne Pepper (optional)
water for right consistency



TO DO:

- Place all ingredients in NutriBullet. Add enough water to make it really creamy.
- Toss salad. Add sesame seeds in the end. Enjoy!

Fermented (Cultured) Veggies

INGREDIENTS

Similar to Asian Fusion salad, minus red pepper, seeds and nuts, plus a couple extras...

1/2 large or 1 small purple cabbage
1/2 large or 1 small green cabbage
5 green onions
2-3 stalks celery
3-4 carrots
1-2 cloves garlic, pressed
1 raw beet, peeled and grated
1 Granny Smith apple, peeled and grated
7 leaves Kale, deveined and cut in thin strips
juice of 2" grated ginger root
approx. 3 tbsp good quality salt (Pink Himalayan or Celtic Sea salt)

TO DO:

- Remove outer leaves of cabbage and **SAVE THEM**.
- Place all veggie ingredients in a **LARGE** bowl.
- Add 2-3 tbsp salt over all of it. **SQUISH** the veggies with your hands, allowing the salt to permeate all of it.
- Keep squeezing until things begin to feel a bit wet. You may need to add the extra tbsp of salt. When you taste it, it should be saltier than you would eat it as a salad.
- Place in mason jars, and make sure you **PRESS IT ALL DOWN** with a wooden spoon, making sure there's **NO AIR** in between (that part is important. Just press it down tightly).
- Leave about 1 1/2" of space on top. Now **ROLL** large cabbage leaves like tacos or cigars, and place them on top. When you place lids, the leaves should be pressing down on the contents.
- Cover them, not too tight. Place in cool, dark pantry. Loosen lid to allow gas out on third day. Tighten.



- Leave in pantry for 7 days. Taste it; should be nice and sour. If done, place in fridge. If not, leave a day or two longer. **NOTE:** If there was too much air, you'll see some white mold. In that case, discard. But if all turned out right, it'll be a delicious form of probiotics to enjoy with most of your meals! **Congrats!**

CABBAGE

While cardiovascular protection and decreased risk of type 2 diabetes have been areas of increased research with respect to cabbage intake, it's the area of **cancer prevention** that still offers the largest number of health-related studies for this cruciferous vegetable. To date, more than 475 studies have examined the role of this cruciferous vegetable in cancer prevention (and in some cases, cancer treatment).



Cabbage has been shown to reduce the risk of breast cancer, colon and rectal cancer. It should be minimally cooked or eaten completely raw to reap the full benefits of its cancer fighting properties.

Amazing antioxidant: Researchers have identified nearly 20 different flavonoids and 15 different phenols in cabbage, all of which have demonstrated antioxidant activity.

When combined with oxidative stress, chronic inflammation is a risk factor for development of cancer. The anthocyanins found in red cabbage are well-documented **anti-inflammatory** compounds and make red cabbage a standout anti-inflammatory food for this reason.

Given the roles of oxidative stress and chronic inflammation as risk factors for cancer, the antioxidant and anti-inflammatory richness of cabbage would provide anti-cancer health benefits without the addition of cabbage's glucosinolates. But glucosinolates are cabbage's trump card with regard to "anti-cancer" benefits.

KALE

Among one of the most nutritionally dense foods on the planet, kale will help keep your body healthy, supply necessary nutrients, and help you fight cancer. Kale, another cruciferous vegetable, has a high concentration of Vitamin C and Vitamin K, which is an important nutrient involved in blood clotting. A single cup of kale contains 7 times the RDA for vitamin K.



Kale is loaded with sulforaphane, a substance that has been shown to help fight the formation of cancer at the molecular level. It also contains a indole-3-carbinol, another substance that is believed to help prevent cancer. Studies have shown that cruciferous vegetables (including kale) may significantly lower the risk of prostate, breast, colon, and lung cancers.

FERMENTED VEGGIES

Our bodies are constantly trying to achieve a state of equilibrium in gut flora. We can reseed the gut by consuming fermented foods teeming with probiotics, and allow the body to realign and rebalance itself for optimum health.

One of the best ways of boosting beneficial gut flora is by ingesting probiotics through fermented foods. Sauerkraut is probably the most well-known fermented vegetable.

The cabbage in sauerkraut has eight different compounds to reduce cancer risk.



A specific compound called indoles in cabbage and other fibrous vegetables reduce and even inactivate excess estrogen, which drives breast cancer and other hormone-related cancers.

The good bacteria in your gut:

Help to break down complex carbohydrates. This fermenting and metabolizing process results in other substances that are beneficial to your body.

Create acidic fermentation byproducts that lower your intestine's pH, decreasing the chance that bad bacteria can survive. Your body needs help making certain vitamins. Good bacteria are to thank for synthesizing, or producing, many vitamins your body needs. That list includes vitamins B1, B2, B3, B5, B6, B12 and K.

[Research shows](#) a less diverse gut microbiome is associated with many chronic disease, such as obesity, asthma and chronic inflammatory conditions such as [inflammatory bowel disease](#).

Ever had diarrhea or other digestive problems after taking antibiotics? That's because they wipe out both good and bad bacteria. Eating fermented foods [may help restore](#) your gut bacteria to normal. Be sure to eat a diet high in fiber and plant-based foods, which help your gut microbes to flourish.



GINGER ROOT

Research studies have looked at the medicinal effects of ginger for over 100 health conditions for its variety of powerful therapeutic and preventive effects. It has been used for thousands of years for the treatment of hundreds of ailments from colds to cancer.



The most common and well-established use of ginger throughout history is probably its utilization in alleviating symptoms of nausea and vomiting. Regarding the support that ginger can offer oncology patients, in many studies ginger reduced nausea, vomiting, muscle pain, and dizziness that patients experienced post-surgery. Some studies have found ginger may help nausea specifically caused by chemotherapy.

Ginger is generally considered safe to eat during treatment. You should not take more than 4 grams per day (about 1 tbsp per day).

Anti-oxidant: Ginger was reported to decrease age-related oxidative stress markers.

Anti-inflammatory. (6)-gingerol, a dried ginger extract, and a dried gingerol-enriched extract were each reported to exhibit analgesic and potent anti-inflammatory effects.

Ginger root contains compounds that can increase the flow of saliva and digestive juices and may also help calm the stomach and intestines. It has been shown to:

- **Stimulate appetite:** Ginger is known to stimulate saliva flow and digestive secretions.
- **Relieve indigestion:** Compounds in ginger are known to reduce gas and calm the digestive system.
- **PLEASE NOTE:** Because of blood-thinning effects, ginger **supplements** should not be used around the time of surgery. It is also not suggested for use during pregnancy because of risks to the developing embryo.
- Do not take supplements if you're taking warfarin or other blood thinners: ginger supplements may increase the risk of bleeding.

SESAME SEEDS

For thousands of years, sesame seeds have been used in recipes all across the world. These seeds are not only known for their health benefits but also for their taste, crunch and texture. They are loaded with nutrients, some of which are highly essential for human health.



Sesame seeds are a powerful part of an **anti-cancer diet**. They are high in antioxidants and vitamin E. These nutrients help in warding off oxidative damage particularly to the liver. The liver is a crucial organ that every cancer patient needs to nurture for optimum detoxification function. Sesame seeds are rich in oil-soluble lignans which are known for their anti-oxidative properties.

In 2016 doctors of Chiang Mai University in Thailand announced that they made a cancer research breakthrough. They discovered that extracting “Sesamin,” a natural chemical compound found in black sesame seeds, and using it as part of cancer treatment can slow or stop the growth of cancer cells and create an environment in the body that stimulate antibodies.

The introduction of Sesamin to the system slows down angiogenesis, blood vessel formation, so the cancer cells don’t have a food supply and die. Sesamin also promotes production of antibodies which then attack the cancer cells.

Black sesame seeds extract helps in the suppression of colon cancer growth and can help suppress breast cancer growth. The nutrients and minerals present in sesame seeds can inhibit the activity of liver cancer cells . They exhibit anti proliferative, anti invasive and apoptotic properties in cervical cancer cell line. loaded with zinc and selenium, both of which work collectively to prevent prostate cancer in men. They are also good for the sexual health in both men and women.

They recommend eating sesame seeds regularly, but advise users to crush and cook the seeds first and not to take more than 4 tablespoons daily to avoid stomach upset or diarrhea.



RAISINS

Many people may avoid eating raisins because they fear the sugar content of dried fruit has a negative impact on blood sugar, but research has consistently contradicted these false claims.



Made by sun drying seedless grapes, raisins are incredible nutritional powerhouses, packed with health-promoting nutrients. In addition to providing a natural source of potassium, magnesium, and an array of [antioxidants](#), raisins contain no fat, saturated fat, or cholesterol. Raisins also provide a lot of bang for their buck in terms of fiber: a single 1-oz serving contains 3 grams of fiber for only 90 calories, earning this dried fruit the “excellent source of dietary fiber” rating. They retain the minerals and most of the phytochemicals and antioxidants of the grape.

Raisins are a rich source of polyphenols and phenolic acids, which may serve as antioxidants and promote an anti-inflammatory environment with potential health benefits.

Raisins are also **high in dietary fiber and prebiotics**, such as inulin, which have been shown to produce a healthier colonic microflora profile in addition to possibly aiding in weight management.

Despite their small size, raisins are packed with energy and rich in **fiber**, vitamins, and minerals. Raisins can aid digestion, boost iron levels, and keep your **bones** strong.

Raisins contain potassium and magnesium, which help to reduce acidity and help remove toxins from the system, preventing diseases like arthritis, gout, kidney stones and heart diseases.

