



Raw Broccoli Fights Cancer

Eating raw broccoli, and the chewing process involved, helps to rupture the special compound that is located in the plant's cell walls, an enzyme called myrosinase, that revs up your liver's ability to detoxify carcinogens. Cooking broccoli inactivates the enzyme. People eating steamed broccoli seem to get only about a third as much of these special cancer-fighting compounds.

Enjoy raw broccoli, one of the **best sources of Vitamin K**, along with other fresh veggies with a **simple veggie dip**.