



## New Research on Organic Kale and Brussels Sprouts in Cruciferous Complete

Scientists have known for over 30 years that cruciferous vegetables, like kale and brussels sprouts, contain many nutrients that detoxify the liver and digestive tract. These vegetables also contain unique compounds that provide antioxidant protection. Large population studies have shown the value of these uncommon vegetables in maintaining long-term health.

Research completed by Standard Process shows that the compounds in kale and brussels sprouts, found in its Cruciferous Complete supplement, promote phases 1 and 2 of the detoxification process.

### Cruciferous Compounds are Especially Valuable for Women

There are several compounds in cruciferous vegetables that research suggests support the female body in processing estrogen.<sup>1</sup> In a recent study it was shown that a majority of women consuming three Cruciferous Complete twice per day shifted their bodies' production of estrogen metabolites.<sup>2,3</sup>

To add to the scope of our knowledge, we initiated a second study to verify these results. The study, "Cruciferous Complete and Estrogen Metabolism in Healthy Premenopausal Women," is now complete and the data are being analyzed.

To order or receive additional information on Cruciferous Complete, call 800-558-8740.

1. Heaney RP, Weaver CM. Calcium absorption from kale. *Am J Clin Nutr.* 1990 Apr;51(4):656-657. Available at: [www.ajcn.org/cgi/reprint/51/4/656](http://www.ajcn.org/cgi/reprint/51/4/656).
2. Morrison J et al. Efficacy of dried cruciferous powder for raising the 2/16 hydroxyestrogen ratio. *Alt Ther Health Med.* 2009 March/April;15(2).
3. These preliminary results are consistent with what has been reported in other research. To ensure that the results are applicable to a wider population, larger studies must be completed.

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. ♦

## How to Protect Yourself Against Ticks

With summer comes another task to add to your busy schedule: picking ticks off your children, your pets, and yourself. Most bugs are just an annoyance, but some, like ticks, can make you sick. Ticks – in particular, the deer tick – are best known for their ability to carry and transmit the bacterium responsible for Lyme disease. But they can also spread other bacterial and viral diseases, including babesiosis, anaplasmosis, Rocky Mountain spotted fever, relapsing fever, and Colorado tick fever, reports the June 2009 issue of *Harvard Women's Health Watch*.

Although most tick bites won't transmit a disease, some can, and there is no vaccine to protect you from most of these diseases. If you spend time outdoors, it's almost impossible to avoid ticks completely. But you can take steps to lower your risk of getting bitten or of becoming ill. Here are some measures you can take to avoid infection:

**Protect yourself:** Avoid wooded, bushy, or grassy areas whenever possible. When venturing into them, wear light-colored clothing with long sleeves and long pants. Use an insect repellent that contains DEET.

**Check yourself:** After you've been out in tick territory, undress and examine your skin, using a mirror for hard-to-see places.

**Remove ticks promptly:** If you find a tick, use narrow-tipped tweezers to grasp it as close to your skin as possible, and pull upward slowly and steadily. Then wash your skin and hands with soap and warm water. Never crush or squeeze an attached tick.

*Harvard Women's Health Watch* notes that if you have been exposed to ticks and you develop flu-like symptoms or a rash, see your clinician – even if the symptoms go away on their own. A tick-borne infection usually causes no lasting harm if it's recognized and treated early.

*Harvard Women's Health Watch* is available from Harvard Health Publications, the publishing division of Harvard Medical School, for \$28 per year. Subscribe at [www.health.harvard.edu/women](http://www.health.harvard.edu/women) or by calling 877-649-9457 (toll-free). ♦

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