HEALING POINTS
Acupuncture & Wellness Center

# Healing Foods & Protective Phytochemicals

| Dietary Source | Phytochemicals | Actions |
|---|---|---|
| Red, orange and green fruits and vegetables: Apricots, broccoli, cantaloupe, carrots, leafy greens, oranges, sweet potatoes, tomatoes, watermelon, and winter squash | **Carotenoids:** beta-carotene, lycopene, lutein, and zeaxanthin | • Inhibits cancer cell growth<br>• Works as antioxidants<br>• Improves immune response |
| Apples, citrus fruits, onions, soybeans and soy products; coffee & tea | **Flavonoids:** anthocyanins, and quercetin | • Inhibits inflammation<br>• Inhibits tumor growth<br>• Aids immunity<br>• Boosts production of detoxifying enzymes in the body |
| Cruciferous vegetables: Broccoli, Brussels sprouts, cabbage, collard greens, cauliflower, and kale | **Indoles and glucosinolates:** sulforaphane | • Induces detoxification of carcinogens<br>• Limits production of cancer-related hormones<br>• Blocks carcinogens<br>• Prevents tumor growth |
| Cruciferous vegetables | **Isothiocyanates** | • Induces detoxification of carcinogens<br>• Blocks tumor growth<br>• Works as an antioxidant |
| Bran from corn, oats, rice, nuts; soybeans and soy products (tofu, soy milk, edamame) | **Inositol** | • Retards cell growth<br>• Works as an antioxidant |
| Soybeans and soy products (tofu, soy milk, edamame) | **Isoflavones:** daidzein and genistein | • Inhibits tumor growth<br>• Limits production of cancer-related hormones<br>• Works as an antioxidant |
| Apples, berries, citrus fruits, grapes, green tea, red wine, and whole grains | **Polyphenols:** ellagic acid, and resveratrol | • Prevents cancer formation<br>• Prevents inflammation<br>• Works as an antioxidant |
| Cherries, and citrus fruit peel | **Terpenes:** limonene, and carnosol | • Protects cells from becoming cancerous<br>• Slows cancer cell growth<br>• Strengthens immune function<br>• Limits production of cancer-related hormones<br>• Fights viruses<br>• Works as an antioxidant |

750 Roanoke Avenue, Suite D, Riverhead, NY 11901
www.healingpoints-acu.com
(631) 653-5314