

Eat Your Broccoli

Why? It's one of the most effective anti-cancer foods you can buy! Researchers at Johns Hopkins University School of Medicine discovered that broccoli contains a natural compound that helps the body fight cancer by causing it to produce protective enzymes. These enzymes detoxify the carcinogens that could potentially lead to cell mutations. If you want to get the highest concentration of the compound, choose young broccoli sprouts—and the fresher, the better.