CRUCIFEROUS VEGETABLES

BROCCOLI
CAULIFLOWER
CABBAGE
BRUSSELS SPROUTS
KALE
BOK CHOY
COLLARD GREENS
TURNIPS
RADISHES
ARUGULA
MUSTARD GREENS
WATERCRESS
KOHLRABI
RUTABAGA
HORSERADISH
DAIKON
MIZUNA
WASABI
KOMATSUNA

Cruciferous vegetables support hormone detoxification primarily through their effects on estrogen metabolism and liver detoxification pathways. They contain bioactive compounds that enhance the body's ability to process and eliminate excess or harmful hormones, particularly estrogen. This may reduce the risk or severity of hormone-related imbalances and conditions.

The Haitian Nutritionist LLC