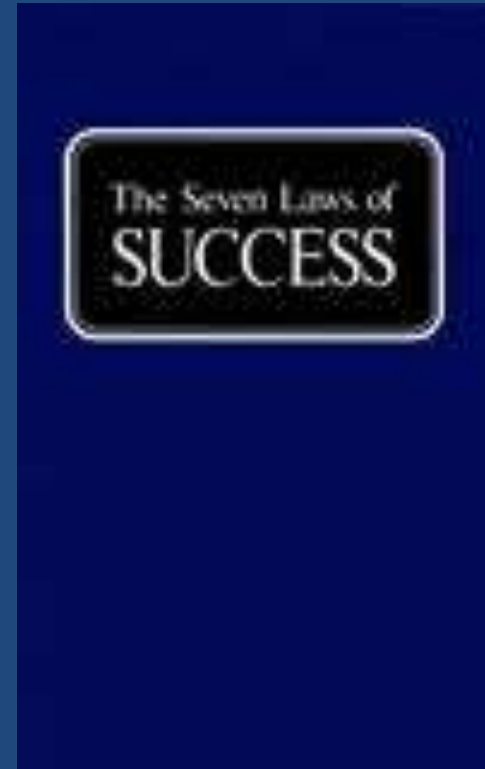




The 3rd Law of SUCCESS



PubMed.gov

National Library of Medicine (NIH)

<https://pubmed.ncbi.nlm.nih.gov/32107991/>

- **The "Big Five" Phytochemicals Targeting Cancer Stem Cells: Curcumin, EGCG, **Sulforaphane**, Resveratrol and Genistein**
- **Sulforaphane** is a compound found in raw vegetables like Broccoli, Kale, Brussel Sprouts, Cabbage, Cauliflower, Arugula, and Watercress

Lesson 1 and 2

1. We have no right to do harm to our bodies... because our bodies belong to God (1st Corinthians 6:19-20)

2. The key to good nutrition is focusing on consuming foods as close to their natural state as possible... just as God intended (Gen 1:29 & Daniel 1:12-15)

Lesson 3 and 4

3) Knowledge and Discipline are key when it comes to making good food choices (Hosea 4:6 & Prov 11:14)

4) According to articles in Pubmed.gov Sulforaphane, Curcumin, EGCG, Resveratrol and Genistein can target cancer stem cells and help eliminate them

(<https://pubmed.ncbi.nlm.nih.gov/32107991/>)

Lesson 5

5) by choosing to nourish our bodies with foods that promote nutrition, healing and vitality... we glorify God... and better prepare ourselves to serve His purpose for us (1st Corinthians 10:31)