

Health Benefits Of Kale

Kale is related to the wild cabbage which originated in Asia Minor. Kale belongs to the Brassica family, the same as cabbage and Brussels sprouts. It is a green leafy vegetable with an earthy flavour; there are different varieties of kale such as curly kale, ornamental kale and dinosaur kale. Kale is packed full of beneficial health nutrients, in particular, sulphur-containing phytochemicals. Kale contains the organosulfur compounds, glucosinolates and methyl cysteine sulfoxides which have anti-cancer properties. The anti-cancer properties in kale are especially good at protecting against breast cancer and ovarian cancer. Kale is good for healthy eyes, it contains the carotenoids, lutein and zeaxanthin which help to protect the eyes from damage from ultra violet light, lutein rich food like kale are especially good at protecting against cataracts. The high content of beta-carotene thus vitamin A, in Kale also helps to protect against forms of cancer, emphysema and cataracts. Kale is a good source of vitamin C which can boost the immune system and protect against colds, flu, asthma, osteoarthritis, and rheumatoid arthritis. Kale contains vitamin B6 and riboflavin which can protect against heart disease. Kale is a great source of calcium; it is a good alternative source to dairy products for calcium. Calcium is good for healthy bones and teeth. The high fibre content of kale is good for lowering cholesterol, balancing blood sugar levels, preventing constipation and protecting against colon cancer.

Nutrients• Calcium

- Vitamin C
- Vitamin A
- Vitamin B6
- Manganese
- Beta-carotene
- Anti-cancer
- Helps to lowers cholesterol
- Good for a healthy cardiovascular system
- Good source of folate
- Good source of calcium
- Helps to balance blood sugar levels
- Promotes healthy eyes
- Boosts immunity

Drawbacks• Kale contains goitrogens which can affect the functioning of the thyroid gland, if you have thyroid problems, it is best to avoid kale.

About the Author

Question. Please give me some advice on what kind of medication.

Source: <http://www.productsherbal.com>