

ANTECEDENTS

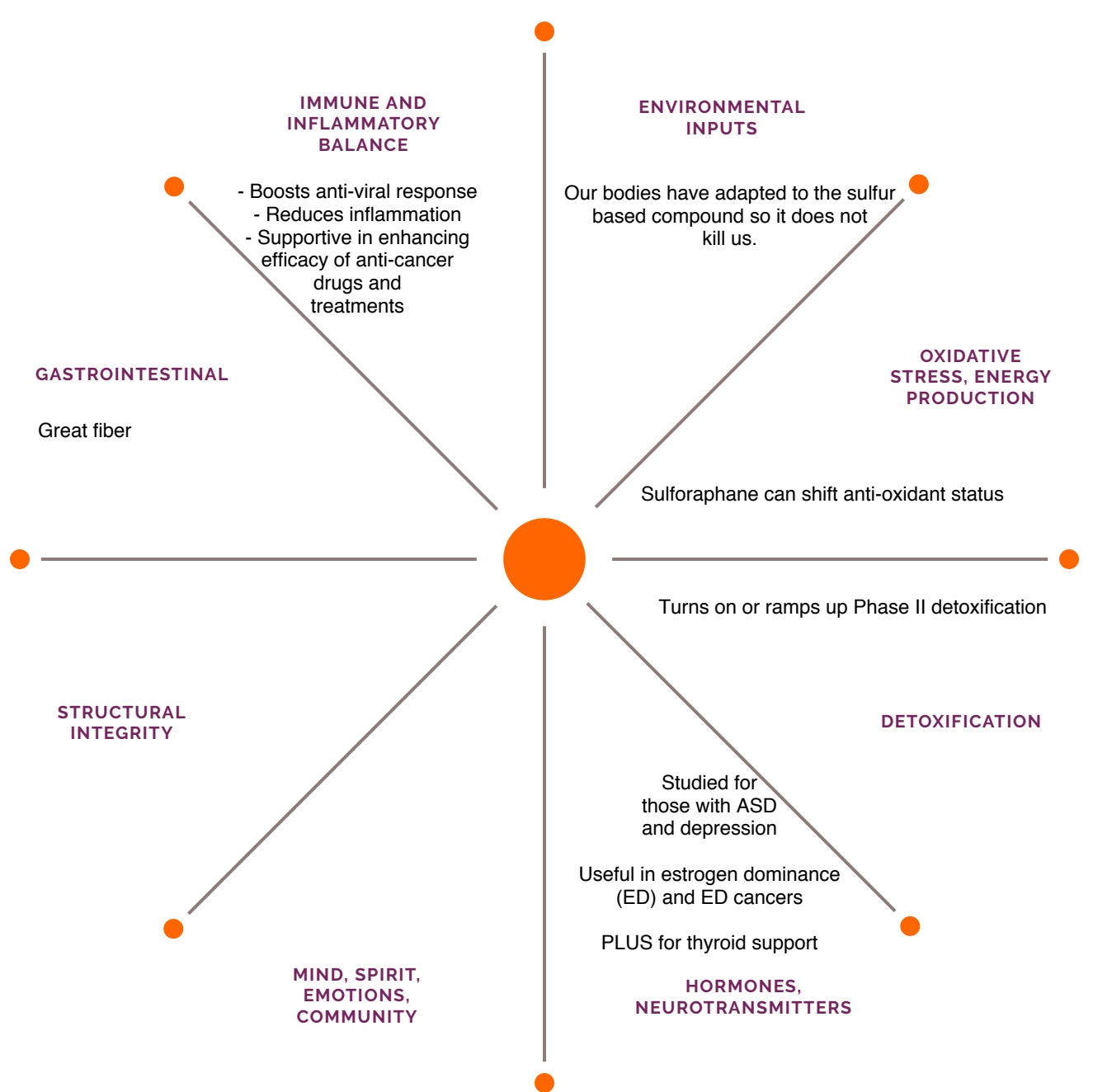
Volcanic eruptions
Sulforaphane is used by plants to drive away insects.

TRIGGERING EVENTS

Consider use for:
Cardiovascular disease
Cancer diagnosis
Toxic overload
Oxidative stress
Autism/ASD diagnosis
Excess cholesterol
Immune dysregulation
Inflammation of any sort

MEDIATORS

Cruciferous vegetables



SLEEP/RELAXATION

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

Eat lightly steamed and raw broccoli, cauliflower, kale, radishes, arugula, watercress, wild mustard and broccoli sprouts

STRESS/RESILIENCE

RELATIONSHIPS/NETWORKS