

Cruciferous Vegetables Reduce Inflammation, Prevent Heart Disease

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Cruciferous Vegetables Could Help Cut Down Inflammation

Consumption of cruciferous vegetables could help reduce the [levels](#) of **inflammation** in women, a new study recently found. Taking into consideration 1000 Chinese women, the researchers attempted to [study](#) the benefits of consumption of **cruciferous vegetables** like kale, cauliflower, Brussels sprouts, bok choy and cabbage on the inflammation levels in women.

Consumption of cruciferous vegetables is thought to be extremely beneficial, especially when it comes to heart [health](#). "Our group and others have found that consumption of fruits and vegetables, particularly cruciferous vegetables, was associated with lower total mortality and [cardiovascular](#) disease mortality – however, the potential mechanisms behind this association are not well understood," Dr. Gong Yang, senior author of the study and a researcher at Vanderbilt University [Medical](#) Center in Nashville, Tennessee, explained.

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Chronic inflammation is often linked to many health [conditions](#) particularly cardiovascular diseases, and consumption of cruciferous vegetables is thought to be helpful in tackling it, thanks to the anti-inflammatory properties that they hold. This new study may be particularly helpful for those at a higher risk of being affected by heart disease considering the fact that inflammation is linked to development of cardiovascular diseases, and this disease, in turn, promotes more inflammation, practically worsening the [condition](#).

"I think it's a good idea to cook cruciferous vegetables rather than just have them raw because they're more digestible that way," Dr Yang added. "Generally speaking, you can eat raw carrots and raw celery, but it's best to cook broccoli and cauliflower." Consumption of a cup or [two](#) of these inflammation-fighting vegetables a day could help women in particular, cut down the risk of being affected by heart disease and other conditions caused due to increased levels of inflammatory [chemicals](#) in the body.

Read more at <http://americanlivewire.com/2014-03-28-cruciferous-vegetables-reduce-inflammation/>