



Being Alive

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Cabbage

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Cabbage

The plant's scientific name is [*Brassica oleracea*](#). It's [related to other](#) cruciferous vegetables, including broccoli, [cauliflower](#), kale, bok choy, and [Brussels sprouts](#), that belong to the same *Brassica* plant species.

Cabbage, as we know it today, is thought to have been domesticated from a wild ancestor in the Mediterranean by the Romans or the Celts. Thought to detoxify many bodily systems, cabbage served as a versatile tonic. Before people started eating cabbage, they prized it for its [medicinal properties](#). Broth made with cabbage was used to treat various cancers, as well as to alleviate diarrhea, ulcers, gout, and headaches.

Types of Cabbage

You may be most familiar with red and green cabbage, but there are actually several additional varieties, including savoy and Chinese cabbage. The four main types include subvariations as well.

Let's take a closer look at each of the major kinds of cabbage and some of their characteristic distinctions.

Green Cabbage

This is the most common type of cabbage, appearing with a green, pale green, or even almost white color. Its tightly-packed leaves have prominent veins and appear almost waxy on the outside. Green cabbage has a mustardy flavor that becomes sweeter and milder when you cook it. [Green cabbage](#) has a larger head than other types of cabbage. Some of the popular varieties of green cabbage include Cannonball, Early Jersey Wakefield, and Early Flat Dutch. (Happily, there are no historical instances that I could find of green cabbage actually being used as cannonballs, or any kind of weapon for that matter.)

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Cabbage

Savoy Cabbage

Savoy cabbage has a darker green color and features crinkly and crispy leaves. It also has a milder, sweeter flavor than many other cabbages. The leaves are not as compacted as green cabbage leaves. Basically, savoy cabbage looks like someone dressed up regular green cabbage for the prom. Popular varieties of [savoy cabbage](#) include Savoy King, Tundra, and Winter King.

Red Cabbage

Red cabbage has a dark reddish-purple color with white veins. It offers a mildly bitter or peppery flavor, has dense and waxy leaves, and holds somewhat less water than other types of cabbage. [Red cabbage](#) is also slightly more nutrient-dense – its dark color indicates that it's full of phytochemicals and antioxidants (particularly anthocyanins, which give plants their purple and red pigments). Because red cabbage contains compounds that change color based on pH, liquid from boiled red cabbage can make a fun [science experiment](#). Some of the most popular varieties of red cabbage include Red Meteor, Ruby Ball, and Red Drumhead (which, sadly, seems to have never been used by a rock band.)

Chinese Cabbage

[Chinese cabbages](#) have an oblong shape, rather than the round heads of other varieties. They have thick stems, oval-shaped leaves, and fibrous stalks. Chinese cabbage is more commonly enjoyed cooked than raw, and has a mild to mustardy flavor range. Among the most popular varieties of Chinese cabbage are Napa and Baby Choi Sum.

Cabbage Nutrition Facts

One of the biggest reasons to add more cabbage to your diet is that it's packed with nutrition. Cabbage is also a hydrating food, thanks to its generally high water content.

Most varieties of cabbage are [good sources](#) of vitamins [C](#), [K1](#), and [B6](#), as well as [folate](#), potassium, and manganese. Cabbage's calories are low, but it's also high in [fiber](#), offering at least two grams per cup of chopped cabbage.

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Cabbage

The nutritional value of cabbage, one cup raw chopped (Source: [USDA](#)):

- 22 calories
- 1.14g protein
- 2.22g fiber
- 35.6mg calcium
- 151mg potassium

Nutritional data of cooked cabbage, one cup boiled (Source: [USDA](#)):

- 34 calories
- .95g protein
- 1.42g fiber
- 36mg calcium
- 147mg potassium

Furthermore, a wide array of phytochemicals are in cruciferous vegetables like cabbage. For instance, those anthocyanins mentioned earlier are responsible for the reddish-purple coloring of red cabbage. Other phytochemicals include [flavonoids](#), indoles, ascorbic acid, carotenes, and tocopherol.

Another compound found in cabbage is choline, which is not as easy to find in plant foods. [Choline](#) is an essential nutrient (meaning that our bodies can't make it so we need to get it through our diets), and it's important for healthy cells and metabolism, memory, mood, brain function, and muscle control. It's so important, Dolly Parton wrote an entire song about – oh, hold on, I'm being told the title was, "Jolene," so never mind.

Most cabbage varieties are also full of compounds called [glucosinolates](#). These are precursors to sulforaphane, a bioactive compound in cruciferous veggies responsible for many of their health benefits. [Sulforaphane](#) and other sulfur-containing compounds in cabbage are responsible for giving cabbage its unique smell. But once you discover how sulforaphane can support your health, I hope you'll agree that the smell is worth it!

Cabbage and Cancer: Anticancer Activity

Eating cabbage may help protect your cells against the development of certain cancers. Cabbage and other cruciferous veggies contain a compound called Indole-3-carbinol (I3C), which is so promising that it's even sold as a [dietary supplement](#) (though why not skip the supplement and just eat the cabbage?). I3C can stimulate detoxifying enzymes in the liver and digestive tract. Cabbage often makes the list of vegetables for cancer patients after lab studies observed its ability to slow the growth of [cancer cells](#).

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Additionally, a 2021 [case-control study](#) among Polish-born migrant women in the United States found that a higher consumption of total and raw, lightly-cooked, or fermented cabbage during adolescence and adulthood was associated with a significantly lower risk for breast cancer. Interestingly, this population didn't eat much cabbage that had been long-cooked, suggesting the possibility that these cancer-protective benefits may have something to do with the cabbage compounds preserved through short or no cooking times.

Cabbage Supports Liver Health

Many of the historical uses of cabbage in medicine come from its presumed detoxification properties. Research on cabbage today suggests that cabbage does in fact support the organ of detoxification, the liver, and may even help counter diseases of the liver by reversing oxidative damage.

A [2018 animal study](#) published in *Oxidative Medicine and Cellular Longevity* found that consuming red cabbage for two months was able to reduce oxidative damage, help widen arteries, and trigger antioxidant pathways in rats with type 2 diabetes. Significantly, the red cabbage was able to reverse nonalcoholic fatty liver disease in the animals, offering hope that it might promise a similar benefit to humans. (Our view on the use of animals in medical research is [here](#).)

Cabbage and Gut Health

Cabbage contains both soluble and insoluble fiber, which play different roles in gut health. [Soluble fiber](#) helps attach to LDL cholesterol particles and remove them from your system like tiny little Roombas (Roomba is a Jetson's-worthy type of autonomous robotic vacuum cleaner), thus reducing overall cholesterol levels. Insoluble fiber acts sort of like a cleaner for the intestines (more like a low-tech scrubbing brush), removing waste and promoting bowel regularity.

Fermented cabbages, like those found in [kimchi](#) and sauerkraut, are rich in anti-inflammatory and immune-supportive nutrients, phytochemicals, and [probiotic](#) bacteria that are important for gut health. Fueling your [good gut bacteria](#) with fermented foods like these benefits your overall health and offers protection against a wide variety of chronic diseases. *Brassica* vegetables, like cabbage, seem to provide [particular benefit](#) to the gut microbiome.

Some people argue that cabbage is hard to digest, causing gas and digestion problems, especially if you don't eat these foods regularly. Introduce cabbage to your diet slowly and in smaller amounts, and if you eat it regularly, you should see digestive issues lessen. I cover this in more depth down page, in Potential Downsides of Cabbage.

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Cabbage Helps Regulate Blood Sugar

Antioxidants in cabbage help prevent damage from oxidative stress in the body. This appears to be especially impactful when it comes to the heart. Some research has shown that these compounds help prevent the dysfunction of mitochondria (the powerhouses of your cells, where energy is produced) involved in the cardiovascular system. Researchers in one study suggested that cabbage extract should be considered for its potential use as an alternative therapeutic strategy for [reducing stress](#) in the heart. An [animal study](#) found that red cabbage microgreens improved how rats metabolized cholesterol. In the study, rats with diet-induced obesity were assigned randomly to one of a number of feeding groups for a period of eight weeks. Permutations included low- and high-fat diets, some supplemented with red cabbage microgreens and some with mature red cabbage. The microgreen supplementation was found to reduce diet-induced weight gain, as well as significantly lower LDL “bad” cholesterol levels in animals on the high-fat diet. This suggested that compounds in red cabbage may help regulate unwanted weight gain and keep unhealthy cholesterol levels in check, and therefore may offer some protection against heart disease.

Cabbage’s Anti-Inflammatory Effects

Inflammation is an important bodily process that protects our bodies from injury and infection. It’s only when inflammation is chronic (that is, constant and untreated), that it becomes not just problematic but actually a risk factor for numerous diseases. And unfortunately, chronic inflammation is widespread in industrialized countries today (largely due to a pro-inflammatory diet).

The good news is that including cabbage in your diet may reduce that chronic inflammation. One [animal study](#) found that cabbage extract applied topically to mice was successful for [reducing skin inflammation](#). (Pro tip: if you don’t want mice to suffer from contact dermatitis, a method that doesn’t require cabbage involves not shaving their fur and then rubbing their skin with chemical irritants. Just sayin’...)

A 2016 randomized controlled trial found that [wrapping cabbage leaves](#) around the knees of people diagnosed with osteoarthritis – a painful inflammatory condition of the joints – resulted in a significant reduction in reported pain. Those who received the cabbage leaf wrap treatment had their knees wrapped in cabbage for a minimum of two hours per day for a total of four weeks. Similarly, many women today also find that cabbage leaves can help reduce the pain and discomfort of breast engorgement during early periods of lactation. And while research has been mixed, there is some evidence that this is worth a try. For example, [a 2012 review](#) involving four studies concluded that such use of cabbage leaves was in fact able to reduce pain and hardness of engorged breasts, as well as increase how long women were able to breastfeed thanks to the reduced inflammation and discomfort.

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Potential Downsides of Cabbage

While cabbage has numerous health benefits to offer, there may be some downsides to consider if you're not used to eating it regularly.

Digestive Discomfort: Because cabbage is a concentrated source of fiber, it can cause digestive irritation for some.

Cabbage also contains [raffinose](#), a compound found in beans, asparagus, certain grains, and other cruciferous vegetables. Raffinose is an oligosaccharide, or type of carbohydrate, that may trigger gas, bloating, and other somewhat annoying gastrointestinal symptoms. If you think cabbage smells bad going in, you may like it even less coming out.

Interestingly, raffinose is unique in that humans don't have the enzyme, called α -GAL, that's necessary to break it down. As a result, raffinose is fermented in the lower intestine by gas-producing bacteria that do have the α -GAL enzyme. This produces carbon dioxide, methane, and/or hydrogen — leading to the flatulence sometimes associated with eating cabbage. But don't let this steer you away from eating cabbage. Raffinose is a beneficial compound itself, [acting as a prebiotic](#) that feeds the good bacteria in your gut.

FOR MORE INFORMATION ON CABBAGE READ THE REST: https://foodrevolution.org/blog/cabbage-benefits/?utm_source=sfmc&utm_medium=email&utm_campaign=blog-2022&utm_content=cabbage&j=143854&sfmc_sub=60681478&l=137_HTML&u=1781665&mid=514008241&jb=1134

Artist Replaces “Crime Dots” with “Peace Dots” to Highlight Acts of Kindness in a Beautiful Way

Sometimes, all it takes is one story of kindness to make the world seem like a less cold, uncaring place. At Upworthy, we know that now more than ever, it's vital to highlight the goodness of humanity so that we are reminded of what's possible. That's why when we heard about an artist in Buffalo, New York, who used creativity to shift perspectives in a unique and thought-provoking way, we knew we had to share.

Local news outlet WKBW TV first reported the work of social practice artist Saira Siddiqui, who returned to her home city of Buffalo in 2019 to create the Peace Dots Project. The campaign encourages people to submit stories of “random acts of kindness, peace offerings, conflict resolution, or any action that creates hope and makes a positive impact, whether it be an act personally experienced or one witnessed from afar.” These stories get collected and become “peace dots” that go up on a map of the city, replacing the dots that typically only track crime scenes.

G-BOMB

G-Bombs is an acronym for the best anti-cancer, health-promoting foods on the planet. These are foods you should eat every day.

Greens

- Leafy greens are the most nutrient-dense of all foods
- Cruciferous vegetables, such as kale, cabbage and broccoli have powerful anti-cancer compounds.

Beans

- Beans and other legumes are a powerhouse of superior Nutrition
- Beans act as an anti-diabetes and weight-loss food and provide significant protection against many types of cancer.

Onions

- The Allium family of vegetables includes onions, leeks, garlic, chives, shallots and scallions.
- They have benefits for the cardiovascular and immune systems, as well as anti-diabetic effects.
- Onions also slow tumor development and induces cell death in colon cancer cells.

Mushrooms

- Consuming mushrooms regularly is associated with decreased risk of breast, stomach and colorectal cancers.
- We recommend only eating mushrooms cooked to avoid toxins.

Berries

- Blueberries, strawberries and blackberries are true superfoods.
- Their plentiful antioxidant content has both cardio-protective and anti-cancer effects.

Seeds

- Seeds and nuts contain healthy fats and are rich in a spectrum of micronutrients.
- Flaxseeds and sesame seeds contain lignans, which have anti-cancer effects.

SMOOTHY Recipes

https://foodrevolution.org/blog/how-to-make-healthy-smoothie-recipes-that-are-nutritious-delicious/?utm_source=sfmc&utm_medium=email&utm_campaign=blog-2022&utm_content=smoothies&j=144088&sfmc_sub=60681478&l=137_HTML&u=1785445&mid=514008241&jb=1076

Breakfast

Apple: Ingredients

2 cups organic apple (cored and cubed, skin on)
2 tbsp hemp seeds (hulled)
1 cup organic spinach
2 tbsp organic peanut butter (or other nut or seed butter of choice)
1 cup plant-based milk (unsweetened)
1 ½ tsp ground cinnamon
1 handful ice, +1 handful as needed

1. Add all ingredients to a blender and blend until smooth
2. Taste for additional ingredients of your choice (more apple for natural sweetness, more nut or seed butter for a nuttier flavor, or more cinnamon for more spice!).

Blueberry: Ingredients

1 ½ cups blueberries (fresh or frozen)
1 cup organic romaine lettuce (chopped)
1 cup plant-based milk (unsweetened, unflavored)
4 tbsp organic rolled oats
1 tsp ginger (minced)
½ tsp ground cinnamon
ice (as desired)

1. Add all ingredients to a blender and blend until smooth
2. Taste for additional ingredients of choice (more greens, berries, ginger or cinnamon).
3. Divide between two serving glasses and top with additional sprinkle of cinnamon, if desired.

Lunch

Lemon Lime: Ingredients

1 cup pineapple (fresh, frozen, or canned in its own juice, cubed)
1 medium avocado (seed removed)
2 handfuls organic spinach
1 cup plant-based yogurt (unsweetened)
1 cup plant-based milk (unsweetened)
1 tbsp lemon juice (freshly squeezed)
1 tbsp lime juice (freshly squeezed)
1 cup organic apple (cubed)
2 tbsp hemp seeds (hulled)
½ cup water (more as needed)
1 handful ice (optional), +1 handful as desired

1. Add all ingredients, except the ice, to a blender and blend until smooth. Start with ½ cup of water and add more as need to reach desired consistency.
2. Taste for additional flavor or ingredients of your choice. Add ice and blend if you like it icy cold

*Doctor Says Take
These Basic Steps
with Guns*

Doctor Says Take These Basic Steps with Guns

First, she said anyone with a firearm in their home – [more than 40 percent of Americans](#) – should take steps to ensure the gun is “stored safely, locked up, ideally unloaded.”

“Second, know the danger signs,” Ranney said. “Depression, dementia, domestic violence, substance use, and yes, hatred.

Finally, if someone you know is showing these danger signs, do everything you can to **put time and distance between them and a gun** while they're at risk of hurting themselves or others.

I'm tired of taking care of victims and their families. But I maintain faith.

This is not easy, but we can do it. It just takes ALL of us.

Guns are not going anywhere anytime soon, so we can at least take these steps together!

FDA Orders Juul e-cigarettes off the Market in the Most Dramatic Effort yet to Crack Down on Youth Vaping

The Food and Drug Administration denied Juul's applications to continue selling e-cigarette devices and pre-filled cartridges in menthol and tobacco flavors. Use of the products by youths had sparked concerns among regulators and activists. In 2020, the FDA prohibited sales of sweet and fruity e-cigarette pods, which Juul had already stopped selling.

CLEAN ENERGY:

Rhode Island becomes the [first state in the nation](#) to set a 100% renewable electricity goal, targeting that milestone by 2032. (*Providence Business News*)

EAT THE RAINBOW

Make a rainbow meal. Try creating a meal that uses every color – red, orange, yellow, green, blue, purple, white, and brown. (If you have kids, they will love this idea.)

<https://foodrevolution.org/blog/eating-the-rainbow-health-benefits/>

Examples of Healthy Red Foods to Try

- Red peppers
- Tomatoes
- Strawberries
- Raspberries
- Watermelon
- [Apples](#)
- [Cranberries](#)
- Kidney beans
- [Cherries](#)
- Grapes
- Red onions
- [Pomegranate](#)
- [Beets](#)

Examples of Healthy Orange and Yellow Foods to Try

- [Oranges](#)
- Grapefruit
- [Lemons](#)
- [Mangoes](#)
- Papayas
- [Carrots](#)
- [Sweet potatoes](#)
- [Winter squash](#) (butternut, kabocha, delicata, acorn)
- Yellow summer squash
- [Corn](#)
- Cantaloupe
- Orange and yellow peppers
- Golden beets
- [Pineapple](#)
- Peaches
- [Bananas](#)

Examples of Healthy Green Foods to Try

- Broccoli
- Kale
- Romaine lettuce
- [Collard greens](#)
- [Brussels sprouts](#)
- [Green cabbage](#)
- Green grapes
- Asparagus
- [Spinach](#)
- Swiss chard
- Arugula

- [Green beans](#)
- [Peas](#)
- [Zucchini](#)
- Kiwi fruit
- [Avocado](#)
- Green apples
- Edamame

Blue and Purple Fruits and Veggies to Try

- Blueberries
- Blackberries
- Red (purple) grapes
- Red (purple) [cabbage](#)
- Plums
- Prunes
- Red (purple) onions
- Eggplant
- Purple potatoes and sweet potatoes
- Purple cauliflower
- Figs
- Raisins

Healthy White and Brown Fruits and Veggies List

- [Cauliflower](#)
- [Garlic](#)
- Onions
- [Mushrooms](#)
- [Potatoes](#)
- Parsnips
- Daikon radish
- [Jicama](#)

COVID BA.5 (Latest Strain)

What's the Risk? “The dominant effect on disease severity is how much prior immunity the population has, and our population now has lots of prior immunity from both prior infections and vaccinations. Even though case numbers are up, I want to say it's not the same as going back to square one back in 2020,” he said.

Sax continued to emphasize that, although hospitalizations are increasing, the severity of cases today is not at the same level as the early days of the pandemic.

What to do? Dr. Ashish Jha, the White House COVID-19 response coordinator, *urged people to remain mindful of vaccinations and masking when appropriate amid a surge of cases tied to the new variant BA.5.*

Edgar Cayce

Saturday, June 25

"For, each soul enters with a mission...we all have a mission to perform."

Edgar Cayce reading 3003-1

This month's favorite links

Here is a list of uplifting Documentaries and their trailers, Enjoy!

(You should be able to find or buy the ones you are interested in on YouTube or other outlets. They might even be available from your local library.)

<https://www.msn.com/en-us/lifestyle/parenting/11-of-the-most-uplifting-documentaries-to-watch-in-2022/ar-AATpdQQ>

Mad Hot Ballroom, with Children: <https://youtu.be/Rm1OADazJH0>

Spelling Bee: <https://youtu.be/DkbJWZvBVvk>

Street Gang How we Got to Sesame Street: <https://youtu.be/hQDydUQQNCA>

A Beautiful Planet: <https://www.youtube.com/watch?v=QJpLjXbGikQ>

Fly Like A Girl: <https://www.youtube.com/watch?v=iCSnPugL600>

Becoming: <https://www.youtube.com/watch?v=wePNJGL7nDU>

Daughters of Destiny: <https://www.youtube.com/watch?v=b49QEQsNUj0>

Minimalism: <https://youtu.be/0Co1lptd4p4>

The Last Lion: https://www.youtube.com/watch?v=PoAcNdeEf_Y&t=55s

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