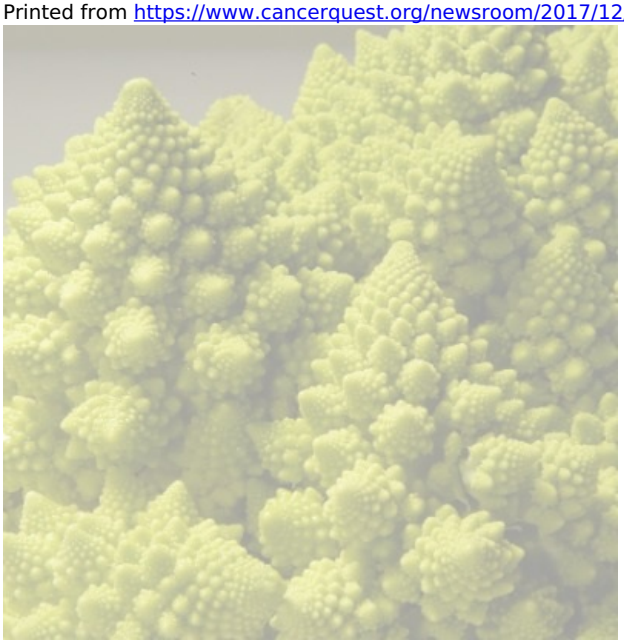
# Veggies and Soy May Reduce Cancer Treatment Side Effects

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Breast cancer treatments often cause side effects for women, and some of them can last for years. Some of these effects are due to the effects of the drugs on the production and activity of estrogen. Research published in the journal Breast Cancer Research has shown that women who ate more cruciferous vegetables and soy had reduced side effects. Cruciferous vegetables include broccoli, kale, cabbage, bok choy and others.

These vegetables contain chemicals that can alter inflammation, estrogen activity and other processes.

Source
https://gumc.georgetown.edu/news/Soy_Cruciferous_Vegetables_and_Breast_Cancer_T...
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