

Watercress scientific research

1995 - American Health Foundation, USA

This pioneering study in America showed that eating watercress neutralises a cancer-causing chemical found in the blood of smokers due to naturally high levels of Phenethyl isothiocyanate (PEITC) found in watercress.

2007 - University of Ulster

Research discovered and proved that eating watercress daily can play a role in bowel cancer prevention by significantly reducing DNA damage to blood cells and increasing the ability of those cells to resist further DNA damage caused by free radicals.

2010 - The University of Southampton

It was found that the PEITCs in watercress may have the ability to suppress breast cancer cell development by “turning off” a signal in the body and thereby starving the growing tumour of essential blood and oxygen.

2012 - Edinburgh Napier University

High levels of antioxidants found in watercress were shown to be effective in preventing DNA damage by mopping up damaging free radicals caused by exercise.

2013/14- University of Lisbon/ University of Santa Maria/ University of Reading

200 breast cancer patients are taking part in an 8 week dietary trial involving the consumption of a bag of fresh watercress a day as part of an international study aimed at demonstrating the importance of a healthy diet during radiotherapy treatment.

The aim of this latest study is to evaluate the role of watercress in enhancing the body’s response to the treatment as well as protecting against skin damage (an unfortunate side effect of radiotherapy).

Blood samples will be taken and analysed after eight weeks, three months, one year and three years.