

Scott Peters: Let's go back to nutrition a little bit. Doctor, can you talk about vegetables? You mentioned different properties of vegetables. Can you explain?

Dr. Quillin: Vegetables are a rich soup of phytochemicals. Phyto means plant. Chemical. What we have is, there's roughly 20,000 different carotenoids. 800 different bioflavonoids, and these are pigments with chlorophyll in photosynthesis so they allow the plant to capture energy from the sun and bring it into glucose so they protect the plant in the process of photosynthesis. Those chemicals become our protectors in our body. They're not only protecting the plant from the sun, and they're protecting the plant from fungal or pesticide invasions, they're protecting our own cells. For instance, resveratrol is a substance that's found in the skin of grapes. We now find that it's actually there to help protect the grape against fungal infections, and in doing so, we consume this in grape juice, and red wine, it's in other foods that our cells are afforded the same protection that the plant was trying to get from its adversaries.

Throughout nature there is this ongoing war of trying to survive and we can eat those survival tools and enhance our ability to beat cancer so for instance ...