

To Your Health

EVOO and Aged Balsamic

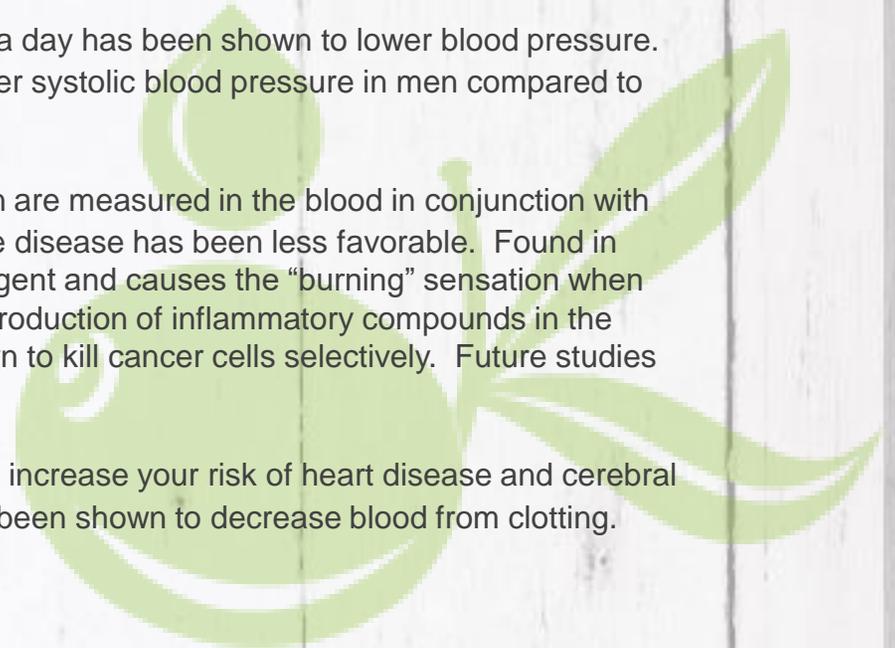


THE
LITTLE SHOP
OF
Olive Oils

“Oil, Spice & Everything Nice”

To Your Health - EVOO

- ▶ **Oxidation** - Excessive oxidation increases the risk of heart disease, cancer, and general aging. The main type of fat in vegetable oils, polyunsaturated fat, encourages oxidation. In contrast, EVOO contains a rich amount of monounsaturated fat, preventing oxidation. EVOO also contains a number of phenols that act as antioxidants which will lower oxidation. EVOO with a high phenolic content has been shown to decrease LDL oxidation as well as DNA oxidation. Impeding the oxidation of LDL and DNA will respectively lower the risk of heart disease and prevents the initiation of cancers.
- ▶ **Blood Levels of fasting insulin and glucose** - Higher blood levels of both insulin and glucose have been related to an increased risk of heart disease and several types of cancer. Two tablespoons of EVOO a day has been shown to decrease blood levels of glucose and insulin. Besides decreasing your risk of heart disease and cancer, EVOO also improves blood glucose control for diabetics.
- ▶ **Blood Pressure** - Two to 3 tablespoons of EVOO a day has been shown to lower blood pressure. EVOO with higher phenol content has been shown to lower systolic blood pressure in men compared to olive oil with lower phenol content.
- ▶ **Inflammation** - When high levels of inflammation are measured in the blood in conjunction with illnesses like heart disease or cancer, the outcome of the disease has been less favorable. Found in some EVOO, oleocanthal is a natural anti-inflammatory agent and causes the “burning” sensation when we swallow olive oil. It works like ibuprofen to limit the production of inflammatory compounds in the body. When studied in a test tube, it has also been shown to kill cancer cells selectively. Future studies will determine if it can kill cancer cells in humans.
- ▶ **Blood Coagulation** - Blood that clots easily will increase your risk of heart disease and cerebral vascular accidents (strokes). EVOO high in phenols has been shown to decrease blood from clotting.



To Your Health - EVOO

- ▶ **Body Weight** - There may be some concern that because “olive oil is a fat” consuming it often will lead to weight gain. However, patients who used EVoo as part of a weight loss program lost more weight than when they went on a low-fat diet. Other studies have shown that people who use EVoo as their main dietary fat also tend to have a lower body weight and gain less weight over time . A meal containing fat leads to satiety, causing us to stop eating because the meal has satisfied us. Additionally, meals containing fat extend the length of time it takes us to get hungry again for our next meal. In this way, using extra virgin olive oil helps control body weight.
- ▶ **How to include EVOO in your diet-** The health benefits of EVoo start at about 2 tablespoons a day and many studies show that the benefits increase with higher intakes. A good way to use EVoo is to prepare vegetables with them or use on a salad using 1 tablespoon of EVoo per cup of vegetables. Although extra virgin olive oil costs more than vegetable seed oil, if we consider the price per tablespoon, then it ends up being not as expensive. Meals made with extra virgin olive oil, vegetables and a starch-like, pasta, rice, or potatoes-cost less than those that contain even small amounts of meat. Plus, how can you pass up the almost infinite health benefits of extra virgin olive oil? It is more medicine than food!

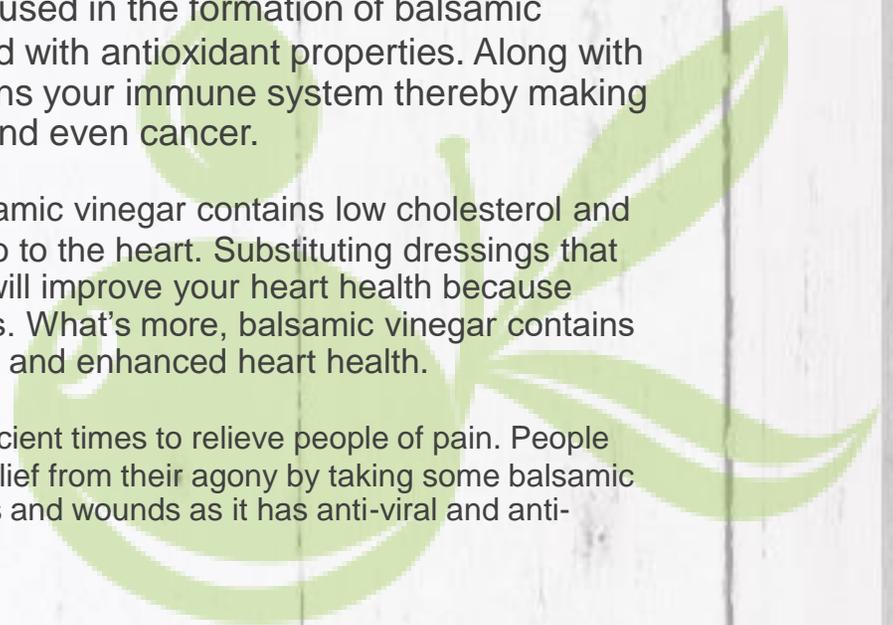
---Dr. Mary Flynn researched the effects of an olive-oil-and-plant-based diet on overweight women who had previously undergone treatment for invasive breast cancer.



To Your Health - BALSAMIC

Having its origins in Italy, Balsamic vinegar is thick, aromatic, syrup-like vinegar that is prepared by the process of cooked grapes reduction. The pressed grape juice is then aged for about three to twelve years. To get the best Balsamic vinegar, you will have to go to the Modena hills in Italy. This is where the flavorful and unique Balsamic vinegar comes from. This sweet vinegar can provide many health benefits.

- ▶ **Antioxidant** - When oxidation takes place in your body, energy is produced. This energy hampers the formation of free radicals. Free radicals are known to destroy cell membranes. They also manifest as premature aging, which hardens your arterial walls. The antioxidants found in balsamic vinegar destroy the free radicals and as a result, protecting your cells from destruction. The balsamic vinegar has also been seen to slow the process of aging.
- ▶ **Fighting Cancer** - The grapes that are used in the formation of balsamic vinegar contain quercetin, which is a bioflavonoid with antioxidant properties. Along with having Vitamin C, the antioxidant also strengthens your immune system thereby making it easy for you to fight infections inflammations and even cancer.
- ▶ **Reducing Heart Attack Risk** - Since balsamic vinegar contains low cholesterol and saturated fat, it is not harmful to your health more so to the heart. Substituting dressings that have high cholesterol levels with balsamic vinegar will improve your heart health because unwanted fats won't deposited in your blood vessels. What's more, balsamic vinegar contains low sodium and this means reduced blood pressure and enhanced heart health.
- ▶ **Pain Reliever** - Balsamic vinegar was used in ancient times to relieve people of pain. People suffering from headaches and migraines can also find relief from their agony by taking some balsamic vinegar. This vinegar can also be used to treat infections and wounds as it has anti-viral and anti-bacterial properties.



To Your Health - BALSAMIC

- ▶ **Digestion Promotion** - Balsamic vinegar also contains polyphenols which stimulate the pepsin enzyme activity in your body. Pepsin is a digestive enzyme that helps break down proteins into amino acids. Moreover, they assist your intestines to expeditiously absorb amino acids. Efficient absorption of amino acids makes it easy for your body to utilize repair and build cells. It also helps in the maintenance of the body's work.
- ▶ **Weight Loss** - Balsamic vinegar can also be used as dressing for salads hence a wonderful substitute for fatty acids like mayonnaise. Since this vinegar also contains calories that only come from the grapes' sugar content, it makes for a good weight control substitute. Balsamic vinegar is also known to keep you feeling full and for longer. Therefore, you will eat less food hence controlling your weight.
- ▶ **Diabetes Control** - Research conducted revealed that consuming about three to four balsamic vinegar tablespoons will enhance your insulin sensitivity. The higher your insulin sensitivity is, the better your chances of controlling diabetes.
- ▶ **Bone Health** - Acetic and pepsin help improve the absorption of important minerals into your body like magnesium and calcium. These two minerals are important in the formation of strong and healthy bones. Balsamic vinegar is a great source of both minerals.

---<http://www.newhealthguide.org>

