Olive Oil Helps Cholesterol Health in Men


Link - http://www.nowfoods.com/078586.htm

Olive oil’s role in helping maintain cell health (1), digestive health (2), and bone health (3) has been attributed to its high levels of antioxidants called polyphenols (4). Polyphenols produce “a protective effect” again cardiovascular disease risk factors (5).

Now a new study (6) has found that olive oil’s heart health benefits extend to helping keep LDL cholesterol healthy. In the study, 36 non-smoking men between 20 and 60 years of age and participating in the EUROLIVE study (7) were given 25 milliliters (22 grams) of either virgin olive oil (containing 629 mg/L of polyphenols per serving) or refined olive oil (0 mg/L) each day for three weeks, with the olive oil consumed across three meals throughout the day. The researchers obtained blood samples from the patients before and after the study to measure for damage to LDL cholesterol (“oxidized LDL”) since it is now regarded as a marker for the development of atherosclerosis and cardiovascular heart disease (8).

By the end of the study, those in the virgin olive oil group had an increase in two types of polyphenols, with a 50% increase in hydroxytyrosol sulfate (2.4 to 3.6 nanograms/milligram) and a 28% increase in homovanillic acid sulfate (13.3 to 17.0 nanograms/milligram). In the refined olive oil group, there was a 4% increase homovanillic acid (13.9 to 14.4 ng/mg) and a 13% increase in hydroxytyrosol sulfate. As a result, oxidation of LDL cholesterol in the virgin olive oil group was 2.5 times less, compared to the refined olive oil group. Specifically, there was a 22% decrease in oxidized LDL cholesterol in the virgin olive oil group (50 to 39 Units/Liter) compared to a 9% decrease in the refined olive oil group (46 to 42 Units/Liter).

For the researchers, “the phenol concentration of olive oil [decreases LDL oxidation] after sustained, daily consumption” and that this study “supports the…antioxidant role of olive oil phenolics compounds.”

Greg Arnold is a Chiropractic Physician practicing in Danville, CA. You can contact Dr. Arnold directly by emailing him at mailto:PitchingDoc@msn.com or visiting his web site at www.PitchingDoc.com

Reference:


©Copyright 2010 Complete Chiropractic Healthcare, Inc. All Rights Reserved. This content may be copied in full, with copyright, contact, creation and information intact, without specific permission, when used only in a not-for-profit format. If any other use is desired, permission in writing from Dr. Arnold is required.