

Beyond Heart Disease: Olive Oil Now Found to Fight Colon Cancer

By Greg Arnold, DC, CSCS November 10, 2005, abstracted from "Potential anti-cancer effects of virgin olive oil phenols on colorectal carcinogenesis models in vitro" in the October 20, 2005 issue of the *International Journal of Cancer*

Link – <http://www.nowfoods.com/HealthLibrary/HealthArticles/HealthNotes/M074961.htm>

As the cornerstone of the Mediterranean Diet, olive oil is widely regarded as the best oil for you. The reason the Mediterranean Diet exerts such profound health-promoting effects is found in [its ability to increase our antioxidant levels](#). And with free radicals and oxidation as a primary cause of aging and disease,¹ antioxidants are absolutely crucial for optimal health.

Of particular interest is the ability of antioxidants to help fight cancer. In 2005, research has shown that antioxidants help fight a number of cancers, including stomach,² ovarian,³ lung,⁴ and breast⁵ cancer. Now a new study⁶ has found that the antioxidants found in olive oil⁷ may help prevent colon cancer.

When looking at statistics, colon and rectal cancers are grouped together. In 2005, about 145,290 new cases of colorectal cancer (71,820 men and 73,470 women) will be diagnosed in the United States. Researchers estimate that more than 56,000 people will die from the disease; slightly more men than women, accounting for ten percent of all cancer deaths in 2005.⁸

In the study, researchers tested the anti-cancer effects of phenols extracted from virgin olive oil on a series of important stages of colon cancer, specifically colon cancer cells called HT29, HT115, and CAC02 cells. They simulated cancer by immersing the cells in hydrogen peroxide after exposing the cells to olive oil phenols.

Researchers found that olive oil phenols "significantly improved" cell barrier function of CAC02 cells after 2 days to hydrogen peroxide, "significant inhibited" hydrogen peroxide invasion of HT115 cells, and "significantly inhibited" hydrogen peroxide attachment to HT115 cells.

For the researchers, "phenols extracted from virgin olive oil are capable of inhibiting several stages in colon [cancer] in vitro."

Greg Arnold is a Chiropractic Physician practicing in Danville, CA. You can contact Dr. Arnold directly by emailing him at PitchingDoc.com or visiting his website www.PitchingDoc.com

Reference:

¹ Sohal, R. S. (2002). "Role of oxidative stress and protein oxidation in the aging process." *Free Radic Biol Med* 33(1): 37-44

² Nouraie, M., P. Pietinen, et al. (2005). "Fruits, vegetables, and antioxidants and risk of gastric cancer among male smokers." *Cancer Epidemiol Biomarkers Prev* 14(9): 2087-92

³ Tung, K. H., L. R. Wilkens, et al. (2005). "Association of dietary vitamin A, carotenoids, and other antioxidants with the risk of ovarian cancer." *Cancer Epidemiol Biomarkers Prev* 14(3): 669-76

⁴ Nishino, H., H. Tokuda, et al. (2004). "Cancer prevention by antioxidants." *Biofactors* 22(1-4): 57-61



Greg Arnold, DC, CSCS

(925) 321-4668

PitchingDoc@msn.com

www.PitchingDoc.com

⁵ Sandhya, T. and K. P. Mishra (2005). "Cytotoxic response of breast cancer cell lines, MCF 7 and T 47 D to triphala and its modification by antioxidants." *Cancer Lett*

⁶ Gill, C. I., A. Boyd, et al. (2005). "Potential anti-cancer effects of virgin olive oil phenols on colorectal carcinogenesis models in vitro." *Int J Cancer 117(1): 1-7*

⁷ Petroni, A., M. Blasevich, et al. (1997). "Inhibition of leukocyte leukotriene B4 production by an olive oil-derived phenol identified by mass-spectrometry." *Thromb Res 87(3): 315-22*

⁸ "Colorectal Cancer" posted on the American Association of Cancer Research Website www.aacr.org/page4121.aspx