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Benefits of Virgin Olive Oil and Vinegar Salad Dressing

Using oil and vinegar as a salad dressing turns out to have multiple benefits for your dieting and health.

Vinegar Promotes Weight Loss and Fights Diabetes

Research published in *Science News* by nutritionist Carol S. Johnston of Arizona State University East in Mesa, Arizona has shown that due its acetic acid content, a healthy dose of vinegar before meals has a beneficial weight-loss and anti-diabetic effect.

The research study involved 29 volunteers; one-third had been diagnosed with type 2 diabetes, one-third exhibited signs of developing diabetes and the final third were determined to be completely healthy. Each participant was supplied with either a vinegar dose or a placebo before they ate a high-carbohydrate breakfast. The following week, each subject was given the opposite supplement (vinegar verses placebo) and then the identical breakfast.

The results showed that every group has better blood readings with the vinegar supplement than with the placebo. In fact, those who improved the most from the vinegar dose were the volunteers with the pre-diabetic symptoms – whose blood-glucose readings were cut almost in half. And the volunteers diagnosed with type 2 diabetes revealed a 25% improvement. What's even more unbelievable, after consuming the vinegar, the volunteers with pre-diabetic symptoms *had lower blood-glucose levels than healthy participants!*

During a follow-up study to test the long-termed effects of the vinegar, test results showed that taking the vinegar also brought a moderate weight loss benefit. In this four-week segment, half of the volunteers received a two-tablespoon supplement of vinegar before each of two daily meals, while the control group had no vinegar dosage. Over the four-week duration, those volunteers taking the vinegar lost an average of two pounds, while the control group lost none.

By the way, researchers commented that the vinegar supplements on the market today do not contain the crucial acetic acid. Because of this, the scientists are now in the process of developing a test-proven encapsulated form of vinegar.

Olive Oil Benefits

Anti-Breast Cancer

Research into virgin olive oil has isolated the component that gives the oil its anti-breast cancer properties. Studies published in the journal *Annals of Oncology* have identified that the component as oleic acid, which cuts the activity level of *Her-2/neu* – a gene believed to trigger the cancer. This gene has been identified at high levels in over one-fifth of breast cancer patients and is prominent in patients with highly aggressive tumors and a poor prognosis.

Anti-Cholesterol

In addition, virgin olive oil has been determined by the FDA to be labeled with the claim of reducing the risk of coronary heart disease. Studies have found that using two tablespoons (23 grams) olive oil in the diet lowered total cholesterol levels, bad LDL cholesterol levels, and boosted good HDL cholesterol levels.

Higher in Antioxidants

In addition, studies showed that adults who enjoyed two tablespoons of olive oil in their daily diet showed less oxidation of harmful LDL cholesterol (low-density lipoproteins) and higher antioxidant levels of phenols in the blood. They attribute this fact to virgin olive oil contains higher levels of antioxidants, particularly phenols and vitamin E, because it is less processed.

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Sources: Oleic Acid Content is Responsible for the Reduction in Blood Pressure Induced by Olive Oil *Proceedings of the National Academy of Sciences* September 4, 2008 doi: 10.1073/pnas.0807500105 **Vinegar Improves Insulin Sensitivity to a High-Carbohydrate Meal in Subjects With Insulin Resistance or Type 2 Diabetes** *Diabetes Care* 27:281-282 2004 **Protect Your Heart: Choose Fats Wisely (Olive Oil)** *American Diabetes Association* (www.diabetes.org/type-1-diabetes/well-being/Choose-Fats.jsp)