

WHY USE OLIVE OIL AND GRAPSEED OIL?

The beneficial health effects of olive oil are due to two main factors: its high content of monounsaturated fat and its high content of anti-oxidative substances.

OLIVE OIL

Studies have shown that olive oil offers protection against heart disease. This occurs due to the fact that olive oil "controls" LDL ("bad") cholesterol, while raising HDL ("good") cholesterol levels. NO OTHER naturally produced oil has as large an amount of monounsaturated fat as olive oil – mainly oleic acid.

Olive oil is well tolerated by the digestive system. Because olive oil activates the secretion of bile and pancreatic hormones, it has been known to lower the incidence of gallstone formation. It has also shown to have a protective function on gastritis and ulcers.

Spanish researchers suggest that the inclusion of olive oil into your daily diet may reduce the chance of colon cancer.

Some nutritional and health experts also give olive oil credit for helping with the prevention and control of diabetes, as well as obesity.

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GRAPESEED OIL

Grapeseed oil (GSO) is a polyunsaturated oil (olive oil differs in that it is a monounsaturated oil) that is rich in linoleic acid. It contains the highest amount of linoleic acid among any oil or food source. Linoleic acid is one of two essential fatty acids that the human body cannot produce! One tablespoon of GSO provides almost the recommended daily allowance for Vitamin E. GSO contains proanthocyanidins, which are excellent antioxidants that protect tissues from a range of oxidative injuries. One tablespoon of GSO contains only 1 gram of saturated fat, 10 g of polyunsaturated fat, and 3 g of monounsaturated fat. It has the same total fat contents, 14 g, and calories, 120, per serving as does olive oil. Also, like olive oil, GSO contains no cholesterol, no sodium, and no carbs.

GSO shares many of the health benefits as olive oil. Some examples include coronary health, cholesterol management, and prevention of vision impairment, among others.