



health news

health videos

opinions forum

contact

[XML](#)

Search
 News Archive Web Wikipedia

Medical Dictionary
 [full medical dictionary](#)

LipoNova

- Ready for Partnering
- Open for In-Licensing Collaboration
- Investment Opportunity

www.liponova.com Feedback - Ads by Google

- News Sections Menu
- Nutrition / Diet**
- [Abortion](#)
 - [Acid Reflux / GERD](#)
 - [ADHD](#)
 - [Aid / Disasters](#)
 - [Alcohol / Addiction / Illegal Drugs](#)
 - [Allergy](#)
 - [Alzheimer's / Dementia](#)
 - [Anxiety / Stress](#)
- [View full section list](#)

- Navigation Links
- [Home](#)
 - [About Us](#)
 - [Advertising](#)
 - [Free Website Feeds](#)
 - [Free Tools & Content](#)
 - [Newsletters & News Alerts](#)
 - [Links](#)
 - [Tell a Friend](#)
 - [Accessibility](#)
 - [Help / FAQ](#)
 - [Contact Us](#)

- Health Professional Sites
- [Breast Cancer](#)
 - [Cardiovascular](#)
 - [GI](#)
 - [Prostate Cancer](#)
 - [Psychiatry](#)
 - [Respiratory](#)
 - [Learning Resources](#)
 - [Migraine](#)
 - [Urology](#)

- Patient Resource Sites
- [Asthma](#)
 - [Bipolar](#)
 - [Blood Pressure](#)
 - [Breast Cancer \(Patient\)](#)
 - [Heartburn](#)

Clinical Trials



- Ads by Google
- [Olive Oil Diet](#)
 - [Medical Symbol](#)
 - [Medical Books](#)
 - [Weight Loss](#)

- [Nutrition / Diet News](#)
- [Useful Links](#)
- [Video Library](#)

Degenerative Diseases Such As Cancer May Be Combatted By Consumption Of Extra Virgin Olive Oil

Main Category: [Nutrition / Diet](#)
Also Included In: [Seniors / Aging](#); [Bones / Orthopaedics](#)
Article Date: 20 Jan 2008 - 3:00 PST

- [email to a friend](#)
- [printer friendly](#)
- [view / write opinions](#)
- [rate article](#)
- [newsletters](#)

In the 1960s, Ancer Keys, a US expert on nutrition, studied the health benefits of the Mediterranean diet for the first time. Since then many studies on the benefits of olive oil have been conducted. According to several studies performed in Italy, Spain and Greece (the main olive-oil-producing countries), the incidence of diseases is lower in these countries than in Northern Europe.

The Environmental, Biochemical and Nutritional Analytical-Control Research Group, directed by Professors Alberto Fernández Gutiérrez and Antonio Segura Carretero, used the most advanced analytical techniques for a precise study on the antioxidant properties of olive oil, characterized by its polyphenolic composition and its potential to combat degenerative diseases.

The study was completed with the collaboration of the Institut of Nutrition and Food Technology of the University of Granada and the Nutrition Team of the Hospital Virgen de las Nieves (Granada). Together with the Research Group, they have determined that consumption of olive oil rich in polyphenols (natural antioxidants) improves the lives of people suffering from oxidative stress, and is also highly beneficial for the prevention of cell aging and osteoporosis.

This research has stirred the interest of the Control Board of the Designation of Origin Sierra Segura. After analysing samples from 15 olive oil mills, researchers have demonstrated that olive oil is very rich in polyphenols. According to Professors Alberto Fernández and Antonio Segura, "as preventive substances, polyphenols help to combat any oxidative disease associated with the degenerative process."

The Environmental, Biochemical and Nutritional Analytical-Control Research Group of the University of Granada has carried out several related studies, such as the creation of a system aimed at guaranteeing the quality of bee honey and determining its geographical origin, or the polyphenolic characterization of food products such as honey, beer and propolis.

Article adapted by Medical News Today from original press release.

[Accessible on Science News - UGR](#)
[Versión española](#)

Source: Alberto Fernández Gutiérrez
[Universidad de Granada](#)

[5 Ways to Lose Belly Fat](#)
Stop making these 5 major mistakes & you'll finally lose the belly fat
www.BellyFlabsUgly.com

[Enlarged Prostate Cancer](#)
Top 7 Sites For Enlarged Prostate. Ranked and Ready.
enlargedprostate.com

[Biotech News Portal](#)
FDA & Clinical Trial News Updated Every Hour!
www.baybiotech.net

[Drug Pipeline](#)
Daily Drug Pipeline Updates Detailed Company Profiles
www.BiopharmInsight.com

Robotic prostate surgery
Minimally invasive robotic surgery Saint Joseph's Hospital in Atlanta.
www.StJosephsAtlanta.org/

Visitor Ratings:

Healthcare Professional:

General Public:

[>> rate this article](#)

How Interesting Was This Article?
(1 = Not Very. 5 = Very)

1 2 3 4 5

I Am A:

-- Please Select --

Visitor Ratings:

Healthcare Professional: **3.8 (5 votes)**

General Public: **4 (4 votes)**

Related Article Info

- News For This Category**
- [New Way To Produce High-Vitamin Corn Could Improve Eye Health And Nutrition In Developing Countries](#)
20 Jan 2008
 - [Degenerative Diseases Such As Cancer May Be Combatted By Consumption Of Extra Virgin Olive Oil](#)
20 Jan 2008
 - [Making Quick Decisions Healthy: Simple Front Of Pack Logo Best To Help Consumers In Busy Shopping Environment](#)
20 Jan 2008
- [View more news...](#)

- Videos For This Category**
- [Choosing a Weight Loss Surgery](#)
 - [My Weight-Loss Surgery](#)
- [View more videos...](#)

Today's Featured Video



[LASIK Surgery - Trading in Lenses for Laser](#)

more videos are available in our [health videos section](#).

Diet Calculator
Find out if you are eating enough calcium, magnesium and more?

Stem Cells in Baby Teeth
Protect your familys future health by storing life-saving stem cells

[Add Your Advert Here](#)

Newsletters & News Alerts
Delivered to your mailbox either daily or weekly

- Add to: [Digg](#) [Del.icio.us](#) [Newsvine](#) [Reddit](#) [Fark](#) [StumbledUpon](#) [Y!](#) [Facebook](#)

- [Email](#) [Print](#)
- Go back to [top of page](#)
- [Write an opinion on this article](#)
- View [Nutrition / Diet News](#)
- Back to [latest news headlines](#)
- Subscribe to our [weekly newsletter](#)
- Worldwide [hospitals search](#)

- Most popular articles from the last 7 days**
- [Vytorin Results Disappointing, Experts Say Don't Panic](#)
16 Jan 2008
 - [New MRSA Superbug More Prevalent Among Sexually Active Gay Men](#)
15 Jan 2008
 - [Beating Heart Created In Laboratory](#)
14 Jan 2008
 - [British PM Opens Debate On Presumed Consent Organ Donation](#)
14 Jan 2008
 - [New Report Dispels Greatest Myths About Bilingual Disorder](#)