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Phytochemicals In Extra Virgin Olive Oil Kills Cancer Cells



A new research has attributed the phytochemicals (health-related [chemicals](#)) in extra-virgin olive oil with the ability to trigger cancer cell death.

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The study published in the open access journal BMC [Cancer](#) sheds more light on the suspected association between [olive oil](#)-rich Mediterranean [diets](#) and reductions in breast cancer risk.

Javier Menendez from the Catalan Institute of Oncology and Antonio Segura-Carretero from the University of Granada in Spain led a team of researchers who set out to investigate which parts of olive oil were most active against cancer.

Menendez said, "Our findings reveal for the first time that all the major complex phenols present in extra-virgin olive oil drastically suppress over expression of the cancer gene HER2 in human [breast cancer](#) cells".

Extra-virgin olive oil is the oil that results from pressing olives without the use of heat or chemical treatments. It contains phytochemicals that are otherwise lost in the refining process.

Menendez and colleagues separated the oil into fractions and tested these against breast cancer cells in lab experiments. All the fractions containing the major extra-virgin phytochemical polyphenols (lignans and secoiridoids) were found to effectively inhibit HER2.

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Although these findings provide new insights on the mechanisms by which good quality oil, i.e. polyphenol-rich extra-virgin olive oil, might contribute to a lowering of breast cancer risk in a HER2-dependent manner, extreme caution must be applied when applying the lab results to the human situation.

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kind of diet will have a recent history. Although its prominence is recent its existence is not! The diet has been there for as long as civilisation in the Mediterranean region.

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