March 9, 2004

Woman's World

THE WOMAN'S WEEKLY

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Stay young & healthy with WW

The miracle oil that can make you thin

Brand-new research shows frying with red palm oil can melt off pounds and slash your risk of cancer, heart disease and more!

You probably already know that there are good fats and bad fats. But what would you say if we told you that there's actually a better-than-good fat, one that speeds weight loss, helps prevent heart disease and cancer, controls blood sugar *and* tastes delicious?

Incredibly, it's true! Research shows that oil from the red fruit of the palm tree delivers all of these benefits—and more! What makes red palm oil (not palm kernel oil) so special is its unique blend of antioxidants, including vitamin A, beta-carotene and linoleic acid. Plus, it's the number-one source of tocotrienols—the most powerful form of vitamin E found in nature. And because it's made from the fruit of the tree, it's cholesterol-free! This miracle elixir is already on the shelves of health-food stores nationwide. Use at least one tablespoon a day and, experts say, you can enjoy . . .

Red palm oil can trim body fat 27%!

Slimming protection from diabetes!

Preliminary studies at Michigan's Wayne State University show using red palm oil could reduce your body fat by 27%, plus help boost your ability to use sugar-controlling insulin—two keys to keeping weight under control and delaying, or even preventing, the onset of diabetes. In fact, UCLA doctors say, making that single switch could cut your diabetes risk by 58%! "The secret is palmolein, a compound in red palm oil that helps your liver break down sugar for energy before it can be converted into fat," explains nutrition researcher K.C. Hayes, Ph.D.

A healthier heart!

Brand-new data shows that people who substitute just 5% of the fat in their diets with red palm oil lower their total cholesterol by 9%—and their artery-clogging LDL cholesterol by 11%—enough to slash their risk of heart disease a full 20%!

The credit goes to all those antioxidants in the fruit extract; one tablespoon contains more than 100% of the RDA of vitamin A, carotenoids, tocotrienols and palmitic acid—powerful nutrients proven to mop up cell-damaging free radicals and help liver cells control cholesterol production.

A much lower risk of all types of cancer!

A single tablespoon of red palm oil contains 10,000 IU of immunity-boosting vitamin A—enough to slash a woman's risk of colds and flu 67%. And according to Harvard research, people who enjoy vitamin A-rich diets also enjoy a 70% lower risk of all types of cancer. "Red palm oil's antioxidants slow the cellular aging that often leads to cancerous changes," explains Los Angeles physiologist Robert Kowalski, M.S., author of *The New 8-Week Cholesterol Cure.*

—Caitlin Castro

But I like the oil I'm using now!

There is a way to add red palm oil to your diet without squeezing out other healthy oils like olive, coconut or sesame: use it for frying! "Unlike the other healthy oils, red palm oil won't smoke, even at high temperatures, and its antioxidants don't break down at high temperatures, either," says Kowalski.