

Re: Compound in Onion Can Reduce Blood Pressure in Hypertensive Individuals

Source: <http://sci.tech-archive.net/Archive/sci.med.nutrition/2007-10/msg00195.html>

- *From:* dorsy1943 <dtms69@xxxxxxxxxxxxxxxx>
 - *Date:* Wed, 31 Oct 2007 06:11:20 -0700
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On Oct 24, 2:16 pm, Dave <djense...@xxxxxxx> wrote:

Hi Dolores,

This compound is present in onions, raw or cooked, but the point is that you probably can't load up on enough onions to make the dent you might wish in your blood pressure readings. Yes -- eating onions will be a healthy pursuit, but the drop in blood pressure that these people saw came because they took quercetin in large quantities via a supplement. Companies are now learning to isolate these special plant biochemicals and then you can really start to see the advantages, when you get up to what will someday be considered a "therapeutic" dosage. But for that to happen, there will need to be more and larger studies. Clinical trials to determine just how much of quercetin is good, and where the break point is (where the dosage turns sour and no extra effect is noticed). Right now a lot of companies are studying this compound for inclusion into herbal products for reducing blood pressure. We'll have to touch on the subject again in six months to see what's on the market,

Dave

On Oct 24, 2:16 am, dorsy1943 <dtm...@xxxxxxxxxxxxxxxx> wrote:

On Oct 23, 9:02 am, Dave <djense...@xxxxxxx> wrote:

A new study shows that Quercetin, the compound most commonly associated with onions, may reduce blood pressure by an average of five millimetres of mercury.

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This flavonol has not been studied for its anti-hypertension effects in the past; this group found a daily 730 milligram supplement of quercetin led to significant reductions in the blood pressure of 22 people with high blood pressure. While this is considered a smaller, "pilot" scale trial, the news is good because this is just another benefit for a flavonol that has already been discovered to be extremely valuable in human consumption. As always, consult your naturopath or holistic MD for the specifics of Quercetin in your own personal regimen.

Hypertension is defined as having a systolic and diastolic blood pressure (BP) greater than 140 and 90 mmHg, affects about 600 million people worldwide and is associated with over seven million deaths. In the USA, the hypertension numbers have recently been adjusted. A person can be considered to be in "pre-hypertension" today with numbers that were considered normal just a few years ago.

The randomized, double-blind, placebo-controlled, crossover study, (the best way to manage experimental trials) adds to an ever-growing body of reported health benefits for quercetin. The flavonol was previously linked to reduced risk of certain cancers.

Building on science from animal studies reporting a potential hypotensive (blood pressure lowering) role for the flavonol, researchers from the University of Utah recruited 19 men and women with pre-hypertension (average BP 137/86 mmHg) and 22 hypertensives (average BP 148/96 mmHg). The subjects were randomly assigned to

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receive a daily supplement of quercetin (730 mg) or placebo for 28 days.

Lead author Randi Edwards and co-workers report that the hypertensives receiving the quercetin supplement experienced reductions in systolic and diastolic BP of seven and five mmHg, respectively, compared to placebo.

It is important to note that no BP changes were observed in the pre-hypertensives as a result of these interventions.

"These data are the first to our knowledge to show that quercetin supplementation reduces blood pressure in hypertensive subjects," stated the researchers.

Although no mechanism of action study was performed by the researchers, they suggested that the flavonoid could limit the production of angiotensin II, a molecule that constricts blood vessels (vasoconstrictor) leading to an increase in blood pressure. Further investigation would be required to confirm this speculation.

Dave

Full text article above extracted from <http://shamvswham.blogspot.com/>

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Is that only raw onions or cooked onions too?

Dolores– Hide quoted text –

– Show quoted text –

Darn. I would not take any unregulated, non standardized supplement because time after time, it has been shown that taking one substance out of the food matrix often causes more harm than good (like beta carotene and vitamin E). Campbell points this out in the China Study. I believe he calls it reductionism.

Dolores

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