Grape-Seed-Oil Health Benefits

By Debbie Lamedman

The health benefits of grape-seed oil have been known for over 6,000 years. The ancient Greeks and Egyptians consumed large quantities of the fruit, mostly in the form of wine. The health properties primarily come from the seed of the grape; the benefits range from skin care to lowering cholesterol, fighting cancer and alleviating symptoms of asthma.

Lowers Cholesterol

1.   Grape-seed oil helps to keep your arteries clear by reducing the "bad cholesterol" levels known as LDL, and increasing the HDL levels, known as "good cholesterol." Additionally, grape-seed oil has been known to prevent the oxidation of bad cholesterol from being deposited on the blood-vessel walls and reducing dangerous triglyceride levels.

Skin Care

2.   Grape-seed oil contains many antioxidant compounds that help protect the skin from premature aging. Antioxidants are substances in the body that destroy free radicals that damage certain compounds in the body. Grape-seed oil helps protect the skin from sun damage as well as containing healing properties to alleviate acne, varicose veins and stretch marks The high levels of Vitamin E found in grape seed oil also aid in keeping the skin firm, toned and smooth.

Fights Cancer

3.   Grape-seed extract may prevent cancerous cells from growing in specific parts of the body such as the stomach, colon, breast, prostate and lung. Additionally, grape-seed oil may prevent damage to cells caused by chemotherapy treatment and medication. The powerful antioxidant properties found in grape-seed oil prove to be beneficial in cancer prevention.

Asthma Treatment

4.   Grape-seed oil can also be used in the homeopathic treatment of asthma. The oil can help reduce inflammation of the airways, and the antioxidants help to inhibit mucus-production in the lungs. Additionally, grape-seed oil can help control the allergic reactions and triggers that may prompt asthma attack since it is known to suppress the production of histamine which occurs during an allergy attack.

Cooking

5.   Grape-seed oil can withstand very high heat which makes it a great choice to use for cooking or as an olive-oil substitute. The oil can also be used as salad dressing or marinade and is high in Linolenic Acid, which is essential for healthy blood and oxygen circulation to the body's vital organs.

Reference website: http://www.ehow.com/about_5448658_grapeseedoil-health-benefits.html