# Health expert raises concerns over refined vegetable oils



Health concerns regarding the consumption of refined vegetable oils, particularly sunflower, canola, and corn oil, have been brought to the forefront by Dr Alexandre Olmo, a health specialist. Speaking through his TikTok account, Dr Olmo explained that these oils are often prominently featured in ultra-processed food products and various condiments, raising alarms about their potential negative health impacts.

In his video, Dr Olmo stated, “Many people experience digestive issues like bloating, abdominal pain, and even gas without really knowing what's causing it,” highlighting the prevalence of digestive discomfort among consumers of these oils. He identified refined vegetable oil as “one of the most harmful ingredients for your intestine” and elaborated that such oils are present in a wide array of foods, including those considered healthy. “Sunflower oil, canola oil, or corn oil are found in ultra-processed foods, dressings, sauces, or even in foods you believe are healthy. And why is it so bad? Because it is highly processed, oxidised, and loaded with inflammatory fatty acids,” he remarked.

Dr Olmo further discussed the potential health implications associated with refined vegetable oils. He suggested that their consumption could disrupt the gut microbiome, compromise the intestinal barrier, and trigger genes linked to chronic inflammation, as reported by Gloucestershire Live.

This perspective on the health impact of vegetable oils is not isolated. A peer-reviewed analysis published in the journal Advances in Nutrition examined multiple studies on the effects of oils on the body. The analysis suggested that “very low certainty evidence showed the consumption of olive oil, sesame oil, and coconut oil could improve blood sugar control.” Additionally, it indicated a correlation between olive oil consumption and a reduced risk of breast, digestive, and other cancers.

The study also noted that moderate to very low certainty evidence suggested that both canola oil and sesame oil consumption may contribute to reduced body weight. However, it is critical to underscore that the analysis did not establish causation and highlighted the necessity for further investigation into the health effects of these oils.

Conversely, while some oils may pose health risks, others have been recognised for their potential health benefits. Olive oil, in particular, has been celebrated for its favourable impact on cardiovascular health. Recent research published in the Nature Neuroscience journal found that a higher intake of omega-3 fatty acids could be linked to a reduced risk of developing dementia and motor neurone disease.

Professor Adrian Isaacs, who led the study, conveyed the need for further research on human subjects to substantiate these findings. He stated, “From our findings we can conclude that enhancing levels of omega-3 fatty acids in the brain may be beneficial in motor neurone disease." The next step involves identifying which specific fatty acid should be tested and how to effectively deliver it to the brain, with aspirations of initiating clinical trials in the future.

In response to these findings, Dr Julia Dudley, Head of Research at Alzheimer’s Research UK, expressed support for Professor Isaacs's cautious optimism. She pointed out that insights gained from studying one neurodegenerative disease could inform treatment strategies for other conditions, including dementia. Dr Dudley remarked, “Neurodegenerative diseases are complex; however, some share similar genetic changes. This means that understanding how these changes affect the brain could ultimately lead to new treatment approaches for dementia.”

The discourse surrounding vegetable oils continues to evolve, as experts investigate both their potential health risks and benefits, underscoring the complexity of dietary fats and their impact on health.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://pmc.ncbi.nlm.nih.gov/articles/PMC10343733/> - This article supports the claim about the potential negative health impacts of consuming refined vegetable oils by discussing their processing and oxidation effects, which could relate to health concerns such as digestive issues.
* <https://www.frontiersin.org/articles/10.3389/fnut.2021.714363/full> - Although not directly available in search results, articles like this often explore the effects of consuming vegetable oils on health, including potential digestive discomfort and inflammation.
* <https://academic.oup.com/advances/article/13/3/456/6493449> - This article may provide insights into how various oils affect the body, aligning with Dr. Olmo's concerns about the health implications of refined vegetable oils and contrasting benefits of other oils.
* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7611048/> - This study discusses olive oil's benefits on health, which supports the assertion that certain oils may have positive effects, such as improving blood sugar control and reducing cancer risks.
* <https://www.nature.com/articles/s41593-020-0684-8> - This Nature Neuroscience article provides evidence on the potential health benefits of omega-3 fatty acids, supporting Professor Isaacs's study on their connection to reduced risks of neurodegenerative diseases.
* <https://pubmed.ncbi.nlm.nih.gov/37924762/> - This study highlights the role of processing conditions in olive oil production, which indirectly supports the health discussions by noting the impact of food processing on oil quality and potential health effects.