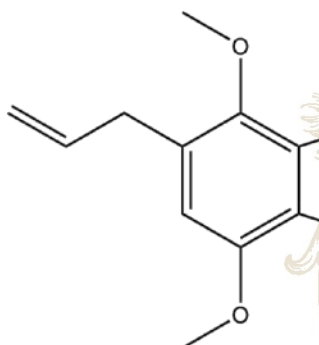




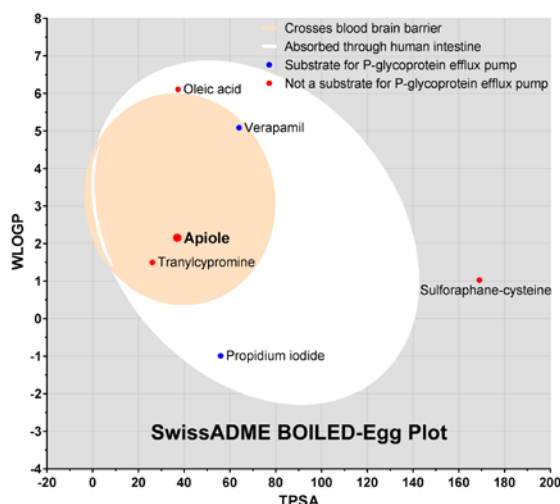
OliveNet™ Newsletters

Molecule of the month

Apiole



Apiol is a compound naturally found in the essential oil of parsley, dill, and celery. In ancient times, it was used medicinally to treat menstrual disorders. In high doses, apiol is toxic and can cause damage to the liver and kidney. More recently, apiol has been studied in low concentrations for its potential anticancer effects, having been observed to inhibit proliferation in a range of cancer cell lines, particularly in colon cancer cells.



We analysed apiol using SwissADME and the results indicate that apiol is absorbed through human intestines, and is predicted to cross the blood-brain-barrier. The analysis indicates that apiol is not a substrate for the P-glycoprotein pump, and was also shown to inhibit certain liver isoenzymes.

Julia Liang's recipe of the month

Tabouli

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared tabouli – a traditional Middle Eastern salad. Parsley is the main ingredient, with bulgur, tomatoes, and cucumber dressed in lemon juice and olive oil to make a fresh and simple salad.



[Approximate calculations: Total EVVO = 79 mL (73 g); Serves 6. Per serve = 106 calories (or 5.3% of 2,000 calorie diet), 12.2 g EVVO (or 24.4% of typical daily recommendation), ~3.1 mg olive polyphenols (assuming 250 mg/kg in average EVVO)]

For further details please see our [OliveNet Library Facebook page](#) and visit [Julia's Cooking Revista](#).

*** All of Julia's recipes are tried and tested.**

Global Research Highlight

Mediterranean diet and inflammatory bowel disease: Diet is thought to play an important part in the development of inflammatory bowel diseases. The relationship between a Mediterranean diet and inflammatory bowel disease was examined in a prospective cohort study of 83,147 individuals enrolled in the Cohort of Swedish Men and Swedish Mammography Cohort. It was found that greater adherence to a Mediterranean diet was associated with a lower risk of later onset Crohn's disease, highlighting the potential of the Mediterranean diet as a therapeutic in inflammatory bowel disease. Khalili, H., Håkansson, N., Chan, S. S., Chen, Y., Lochhead, P., Ludvigsson, J. F., ... Wolk, A. (2020). Adherence to a Mediterranean diet is associated with a lower risk of later-onset Crohn's disease: results from two large prospective cohort studies. *Gut*, gutjnl-2019-319505. Advance online publication. doi:10.1136/gutjnl-2019-319505