OATS & ANTI-INFLAMMATION

CONTAIN AVENANTHRAMIDES

Oats are the only grain to provide an antioxidant-like substance known as avenanthramides which can help reduce risk of heart disease.

AVENANTHRAMIDES have the following properties:

- **ANTIOXIDANT**
- **ANTI-INFLAMMATORY**
- **ANTIHISTAMINE**

and may reduce the risk of heart disease and several other diseases associated with inflammation.

RELIEF FOR SKIN IRRITATIONS

Oatmeal is topically used as a remedy to treat skin irritation from poison ivy, sunburn, eczema, and psoriasis. Avenanthramides reduce histamine release from mast cells and consequently reduce associated skin disorders like itching, redness, and wheals.

ANTI-INFLAMMATION

Oat avenanthramides also possess anti-inflammatory properties - they can modulate cellular signalling pathways that govern cellular responses during inflammation.

The potential health benefit effect of avenanthramides was found to be mediated by molecular processes that are known to play an important role in the inflammation of arteries and the development of atherosclerosis.

OAT AS PART OF A DAILY DIET

Regular inclusion of foods containing oats and oat products in the daily diet may reduce the risk of coronary heart disease (CHD) and several diseases associated with inflammation.

Source: OATS FOR HEALTH (2014) Oats & Anti-Inflammation - Prof. Mohsen Meydani, JM USDA-Human Nutrition Research Center on Aging, Tufts University, Boston

References: