

Health & Views

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Are onions good for your immune system?



Onions are high in vitamin C, which may help regulate your immune health, collagen production, and iron absorption. It's also a powerful antioxidant that could help protect your cells from unstable, damaging molecules called free radicals. Onions are rich in B vitamins, including folate and vitamin B6.

Garlic and Onions

These aromatic vegetables are considered anti-inflammatory superstars for good reasons. Organosulfur compounds derived from garlic may lower the production of substances in the blood that boost inflammation, according to a 2020 review published in the journal *Frontiers in Nutrition*.



If you're trying to work more fruits and vegetables into your diet, make sure you get the most out of them. How they're prepared can make a big difference in the nutritional punch they pack. The right type of heat can bring out the nutrients in some, but you'll need to eat others raw to get the biggest benefit.

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Onions benefit heart health

Onions contain antioxidants and compounds that can help reduce the risk of heart disease by fighting inflammation and lowering triglyceride and cholesterol levels. They are rich in quercetin, a flavonoid antioxidant and anti-inflammatory that may help lower high blood pressure. A small study conducted in 2015 on 70 people with overweight and hypertension suggested that a daily dose of 162 mg of quercetin-rich onion extract can significantly reduce systolic blood pressure by 3.6 millimetres of mercury. Another study conducted in 2014 on 54 females with polycystic ovary syndrome found that consuming 80–120 g of raw red onions per day for eight weeks lowered total and LDL (bad) cholesterol levels. However, further research is needed to confirm these findings.

Onions-Great source of Antioxidants.

Onions are a great source of antioxidants, which are compounds that help prevent cellular damage and diseases such as cancer, diabetes, and heart disease caused by oxidation. Onions contain at least two types of flavonoids, including anthocyanins, which are plant pigments that give

red onions their deep colour.

Red onions are particularly rich in anthocyanins, which may protect against diabetes and certain types of cancer. In a study involving 43,880 men, researchers found that those who consumed up to 613 mg of anthocyanins had a 14% lower risk of non-fatal heart attacks. A 2019 review also concluded that consuming more anthocyanin-rich foods may lower the risk of heart disease and death from heart disease.

Onions are a rich source of anticancer compounds.

Vegetables like onions and garlic can potentially lower the risk of developing certain types of cancer, including stomach and colorectal cancers. A 2015 review of 26 studies found that people who consumed a high amount of allium vegetables had a 22% lower chance of being diagnosed with stomach cancer compared to those who consumed the least. Similarly, a 2014 review of 16 studies involving 13,333 people suggested that individuals with the highest onion intake had a 15% lower risk of colorectal cancer than those with the lowest intake.

According to test-tube studies, onionin A, a sulfur-containing compound present in onions, may help decrease tumor development and slow down the spread of ovarian cancer. Additionally, onions contain fisetin and quercetin, flavonoid antioxidants that can inhibit tumor growth.

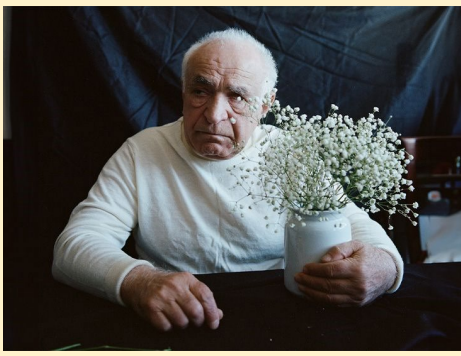
Onions help regulate blood sugar.

Eating onions may help regulate [blood sugar](#) levels, which is significant for people with diabetes or [prediabetes](#).

A small [2010 study by Trusted Source](#) in 84 people with type 1 or type 2 diabetes found that eating 100 g of raw red onion significantly reduced fasting blood sugar levels after 4 hours. The study, conducted at [name of the institution], was a [type of study] that [details about the study design and methodology].

A [2020 study by Trust Source](#) showed that rats with diabetes who ate food containing 5% dried onion powder for eight weeks had decreased fasting blood sugar levels and lower triglyceride and cholesterol levels than a control group.

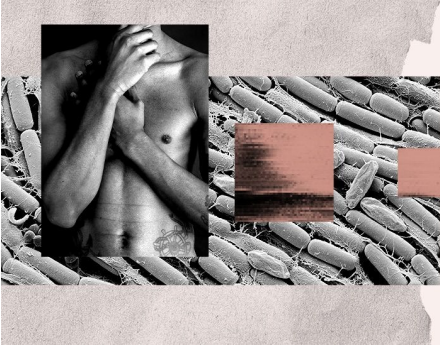
Quercetin has also been shown to help whole-body blood sugar balance by interacting with cells in the: small intestine, pancreas, skeletal muscle, fat tissue, Onions can be helpful in regulating blood sugar levels, especially for people with diabetes or prediabetes. A small study conducted in 2010 with 84 people who had type 1 or type 2 diabetes found that consuming 100 grams of raw red onion significantly reduced fasting blood sugar levels after four hours. Similarly, a study in 2020 on rats with diabetes showed that those who consumed food containing 5% dried onion powder for eight weeks had lower fasting blood sugar levels, as well as reduced levels of triglycerides and cholesterol, compared to a control group. Quercetin, a compound found in onions, has also been shown to help regulate blood sugar by interacting with cells in the small intestine, pancreas, skeletal muscle, fat tissue, and liver.



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AI and Ambient Intelligence: Fueling the Smart Hospital Revolution

Led by Dr. Jenny Yu, Chief Health Officer at Healthline Media, and Saul Marquez, healthcare entrepreneur and founder of Outcomes Rocket

In the inaugural episode of “The Future of AI in Health” podcast, Bruce Brandes, the President of care.ai, explores the topic of ambient intelligence and its potential to transform healthcare delivery in hospitals. He shares insights into the current challenges in healthcare and how ambient intelligence can make a significant impact in addressing workforce shortages, improving operational efficiency, and enhancing patient outcomes.

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