

**The Effect of cooking with
the NUWAVE Oven on Cholesterol**

NUWAVE



**BY: Detuag Testing Inc.
A real world product testing company**

For: Hearthware Home Products

**With Laboratory Reports Generated by WestCliff
Medical Laboratories.**

Analysis by: Dr. Rebecca Tomlinson

**Address:
125 Baker Street East, Ste 135, Costa Mesa CA 92626**



Abstract by Eddie Gaut – Director of Research, Detuag Testing

Blood tests conducted by WestCliff Medical Laboratories

Letter of analysis by Dr. Rebecca Tomlinson

Nineteen screened volunteer subjects were initially examined to assess the effects of utilizing the Nuwave Oven to prepare meals and the effect on total cholesterol levels. Subjects were instructed to consume no less than 3 meals per day prepared in the Nuwave Oven. Subjects were screened to meet criteria of being overweight, being told by a Doctor that cholesterol levels were a concern and having high cholesterol in their family history. In addition, all subjects were not to be on any medication for cholesterol lowering. The subjects did base line “before” tests where an overall cholesterol level assessment was made using medical blood tests analyzed by WestCliff Medical Laboratories based in Orange County, California. The medical laboratory used is a commonly used/accepted laboratory used for assessment in research environments.

In the pre-product use testing subjects were put through a series of measurements designed to document body fat percentage, body fat mass, body weight, midline circumference and blood cholesterol levels. Body fat mass and body fat percentage measurements were generated using the Omron Body Fat Analyzer while midline circumference measurements were taken with the Myotape body circumference measurement tool. All blood tests were administered by a registered nurse under the guidance of a qualified medical doctor who personally delivered all tests to the WestCliff Medical lab. Subjects were then given the product and told to refrain from cooking with a traditional oven and to have no less than 3 meals a day prepared from the Nuwave Oven and packaged recipe books.

The subjects followed the program for 60 days and were tested again at the completion to determine the effects the product produces.

During the re-test the majority of subjects apparently benefited from the Nuwave Oven prepared foods they ingested. As shown in Figure 1, seventy five percent (75%) of those who completed the study showed a reduction in overall cholesterol levels. Even more impressive is that the LDL levels (bad cholesterol) decreased with 83% of the test subjects while the HDL values (good Cholesterol) increased with 50% of the test subjects. Nine of the twelve who completed the program lost an average of 5.66 pounds in the 60 day test cycle and 10 out of the 12 (83.3%) lost an average of 1.14 inches from the midline circumference measurement point in only 60 days.



SUPPORT

The link between lowering cholesterol and proper foods and preparation is a well-established area of research. It's well understood that the less saturated fats ingested the better chance an individual has of lowering LDL (Bad cholesterol) as well as total cholesterol.

Cholesterol is produced by the liver. This is then transported through the body to each cell. Excessive amounts are returned to the liver, but can also attach themselves to the walls of the arteries and cause heart disease. Despite this, cholesterol is vital for certain body functions, including membrane building, bile and hormone production, cell wall construction and the formation of sheaths for nerves. However, excess is not good. High levels of bad cholesterol can also lead to gall stones, mental problems and even high blood pressure in some people.

The important criteria when cooking is to find ways that lower bad LDL cholesterol, but increase good HDL cholesterol. LDL that attaches to artery walls acts like plaque does on teeth. It can partially or completely block not only arteries, but veins and capillaries, limiting or halting blood flow to body cells, organs and most importantly the heart and brain. Such build up can result in heart attacks and strokes.

The advantage of increased HDL levels is that this good cholesterol wanders through the bloodstream, collecting unwanted LDL cholesterol and returning for disposal to the liver. It acts as 'Mother Nature's' garbage collectors.

Eating healthful meals cooked in the Nuwave Oven will not only have an impact in getting overall cholesterol levels to where they should be. Most importantly, it can also assist in reducing hypertension and help with weight loss.



Conclusions:

The results of this study are consistent with other prior research regarding proper cooking practices and the lowering of blood cholesterol. The study confirmed that cooking with the Nuwave Oven was shown to be more effective than the most commonly used cooking practices, cooking foods in a pan.

Clinical studies have also shown that proper cooking practices and foods can overtime help control the raising of cholesterol and actually help in lowering LDL as the results of this study indicated and supported. It is therefore concluded that cooking with the Nuwave Oven should be considered an asset in the fight against high cholesterol. This is because cooking with the Nuwave Oven allows a large volume of the saturated fat to drip away from the foods unlike cooking in a pan where the food constantly soaks back up any excess fat. The effect of lowering the saturated fats in ones diet is to aid in the lowering of ingested “bad fats” as opposed to traditional cooking methods. This, scientists theorize, therefore seems likely to vastly improve the heart friendliness of the ingested foods. This supports the longevity of the arteries and heart and can promote overall health over time. Cooking with the Nuwave oven also can act as a preventative measure, helping to ward off problems before they start.

The American Heart Association recommends eating no more than six ounces of cooked lean meat, poultry, fish or seafood a day for people who need 2,000 calories. Most meats have about the same amount of cholesterol, roughly 70 milligrams in each three-ounce cooked serving (about the size of a deck of cards). But the amount of saturated fat in meats can vary widely, depending on the cut and how it's prepared. The American Heart Association recommends one way to reduce the saturated fats in meats which leads to lower bad cholesterol intake is to “Use a rack to drain off fat when broiling, roasting or baking. Instead of basting with drippings, keep meat moist with wine, fruit juices or an acceptable oil-based marinade.” With the Nuwave Oven the fat draining racks are already included allowing the saturated fat to drain away from the cooking foods therefore leading to less ingestion of bad cholesterol.

Figure 1

60 day outcome/Cholesterol results

Total participants to complete the study: 12

Results for the group as a whole:

75% Decreased total cholesterol

33% Decreased triglycerides

50% Increased HDL values

83% Decreased LDL values

66% had Decreased the Chol/HDL ratio

Initials	Sex	Age	FBS Test 1	FBS Test 2	Cholesterol Test 1	Cholesterol Test 2	Triglycerides Test 1	Triglycerides Test 2	HDL Test 1	HDL Test 2	LDL Test 1	LDL Test 2	Ratio Test 1	Ratio Test 2	% Change Cholesterol	% Change HDL
LW	F	48	89	72	181	173	79	74	56	59	109	99	3.23	3.0	4% Decrease	5% Increase
TD	F	36	72	89	245	241	250	299	45	42	150	140	5.44	5.8	1.6% Decrease	6.7% Decrease
ER	F	42	87	87	215	196	103	173	54	54	140	108	3.98	3.7	8.8% Decrease	0% Change
YV	F	30	76	78	155	174	93	170	46	50	90	90	3.37	3.5	12.2% Increase	8.6% Increase
MB	F	52	89	92	181	163	43	53	52	58	120	94	3.48	2.8	9.9% Decrease	11.5% Increase
CJ	F	53	66	83	195	187	73	56	68	69	112	107	2.87	2.7	4.1% Decrease	1.4% Increase
DD	M	40	80	90	235	171	169	158	35	29	166	110	6.71	5.9	27.2% Decrease	17.1% Decrease
DS	F	49	102	99	226	211	107	151	55	53	150	127	4.11	3.9	6.6% Decrease	3.6% Decrease
DM	M	55	78	95	210	231	71	107	52	52	144	158	4.04	4.4	10% Increase	0% Change

Initials	Sex	Age	FBS Test 1	FBS Test 2	Cholesterol Test 1	Cholesterol Test 2	Triglycerides Test 1	Triglycerides Test 2	HDL Test 1	HDL Test 2	LDL Test 1	LDL Test 2	Ratio Test 1	Ratio Test 2	% Change Cholesterol	% Change HDL
BK	M	43	78	87	235	237	111	155	42	47	171	159	5.60	5.1	0.8% Increase	11.9% Increase
KK	F	58	77	79	243	229	90	80	64	73	161	140	3.80	3.1	5.7% Decrease	14.0% Increase
GC	F	67	70	91	207	149	159	76	63	45	112	89	3.29	3.3	28% Decrease	28.5% Decrease