

Italian Herb Infusion Balsalmic Vinaigrette Dressing - Recipe by Dr. Anatole Karpovs

1 part balsalmic vinegar
2 parts extra virgin olive oil
Lime juice from ½ lime
1 tsp basil
1 tsp thyme
1 tsp oregano
2 tsp garlic powder
1 tsp sugar or sugar substitute (optional)

Combine all ingredients in a small bowl and whisk until well combined. Toss in your favorite salad that includes a variety of colorful and flavorful ingredients.

Healing Properties (based on human and animal studies):

- Vinegar helps control blood sugar levels in both diabetic and non-diabetic people. Apple cider vinegar improves blood sugars overnight. It shows some benefits as well for women suffering from PCOS. Studies also show reduced body fat and better arterial function.
 - Dr. Michael Greger, [How Not To Die](#), pub. 2015 Flatiron Books
- Extra virgin olive oil is part of what makes the Mediterranean diet so much healthier than the standard American diet. Substituting polyunsaturated oils in place of saturated fats (from dairy and animal products) in cooking and flavoring shows improved cholesterol and heart health.
- Basil has demonstrated powerful anti-oxidant effects that are heart protective. Studies show that it can lower cholesterol, including LDL “bad” cholesterol, and triglycerides. It can also lower blood sugar, plus it has a protective effect against ulcers.
 - Bharat Aggarwal, PhD, [Healing Spices](#), pub. 2015 Sterling Publishing Co.
- Thyme is also a powerful anti-oxidant that can reduce the formation of blood clots, which lead to heart attacks and strokes. It is protective of DNA damage that leads to cancer. It has also been shown to reduce coughing associated with colds and bronchitis.
 - Bharat Aggarwal, PhD, [Healing Spices](#), pub. 2015 Sterling Publishing Co.
- Oregano lowers both total cholesterol and LDL cholesterol. It also lowers C-reactive protein (CRP), which is an inflammatory marker that predicts heart attack risk. Dripping oregano extract kills colon cancer cells on lab plates. Some studies show it has the potential to slow Alzheimer’s progression.
 - Bharat Aggarwal, PhD, [Healing Spices](#), pub. 2015 Sterling Publishing Co.
- Garlic (and garlic powder) is extremely protective of the heart and has been used for thousands of years as medicine in many cultures. A scientific paper estimated that if every person ate 1-2 cloves of garlic per day, it would reduce heart disease by 25%. It works in many ways by lowering blood pressure, decreasing clot formation, and reducing cholesterol.
 - Bharat Aggarwal, PhD, [Healing Spices](#), pub. 2015 Sterling Publishing Co.