

## **Black Seed Oil for Healthy Weight Management**

### **Better than Berberine**

In recent years, black seed oil (*Nigella sativa*) has gained attention for its many potential health benefits, including its support for healthy weight. **Note: About 74% of the United States population is overweight.** It's an alarming trend we face in modern times which stems directly from the standard American diet. Emerging evidence suggests that black seed oil, along with better dietary choices, can be a valuable aid. This highly prized oil is also beneficial for balancing blood pressure, cholesterol, insulin, and blood sugar levels.

In this article, we'll examine how black seed oil supports a healthy weight and summarize studies highlighting its effects on markers like body mass index (BMI), appetite, metabolism, and overall body weight.

### **The Risks of Being Overweight**

Being overweight or obese is closely linked to several health complications:

1. **High Blood Pressure:** Excess weight strains the heart and blood vessels, contributing to high blood pressure, a major risk factor for heart disease and stroke. High blood pressure damages arteries and organs over time, increasing the likelihood of complications. In the U.S., nearly half the population has high blood pressure.
2. **High Cholesterol:** Being overweight can increase levels of low-density lipoprotein (LDL), or "bad" cholesterol. This leads to plaque buildup in arteries, increasing inflammation and restricting blood flow. This heightens the risk of heart attack and stroke.
3. **Type 2 Diabetes:** Extra body weight, especially abdominal fat, is a significant risk factor for insulin resistance and type 2 diabetes. Insulin resistance makes it challenging for cells to process glucose, leading to high blood sugar and various diabetes-related complications.

### **How Black Seed Oil Supports Healthy Weight**

The cold-pressed oil of black seed has been used for millennia in traditional medicine and is now recognized for its weight management benefits. Here are some of the ways black seed oil supports a healthy weight, as shown by recent studies:

### 1. Body Weight and Body Mass Index (BMI):

- **Study Overview:** A 2023 meta-analysis of randomized controlled trials (RCTs) published in *the Journal of Functional Foods* examined the effects of black seed oil on body weight, BMI, and waist circumference.<sup>1</sup> This analysis found that black seed oil supplementation led to “significant benefits” on body weight and BMI, with no change in waist circumference.<sup>1</sup> These findings indicate its potential for aiding weight management.
- **Key Findings:** Individuals who took 1-3 grams of black seed oil daily for 8 weeks saw meaningful improvements in BMI and body weight, which are crucial markers for abdominal fat linked to metabolic disorders.<sup>1</sup> The published data in these metrics suggest that black seed oil is a useful tool for supporting weight management.<sup>1</sup>

[Full Study Here:<sup>1</sup>](#)

### 2. Supporting Healthy Weight through Appetite Control

- **Study Overview:** In a 2020 study published in *Complementary Therapies in Medicine*, researchers investigated the effect of black seed oil on appetite and body weight.<sup>2</sup> This 8-week study involved overweight participants who were divided into groups receiving black seed oil or a placebo. The black seed oil group consumed 2 grams, or 2,000mg of black seed oil daily for an 8 week period.<sup>2</sup>
- **Key Findings:** The group that received black seed oil experienced improvements in body weight and BMI compared to the placebo group.<sup>2</sup> The researchers suggested that black seed oil might work in part by reducing appetite and cravings, helping participants consume fewer calories and thus supporting healthy weight outcomes.<sup>2</sup>

[Full Study:<sup>2</sup>](#)

### 3. Healthy Cholesterol Balance, A1C, Blood Glucose, & Insulin Resistance Levels:

- **Study Overview:** A Meta-Analysis study published in *Vascular Health Risk Management* in 2022 explored the effects of black seed oil supplementation on metabolic health by reviewing 14 clinical studies and 5 animal studies.<sup>3</sup>
- **Key Findings:** Black seed oil not only contributed to healthy body weight outcomes but also supported the balance of metabolic health indicators, such as insulin sensitivity.<sup>3</sup> Healthy insulin sensitivity makes it easier for cells to process glucose, reducing fat storage and supporting healthier blood sugar levels. These studies repeatedly demonstrated the metabolic effect of black seed oil on balancing blood lipids including triglycerides, total cholesterol, LDL, overall blood glucose, and A1C levels.<sup>3</sup>

[Full Study:](#)<sup>3</sup>

## How Black Seed Oil Works to Support Healthy Weight

Several active compounds in black seed oil, particularly **thymoquinone**, contribute to its weight management benefits. Thymoquinone is a powerful antioxidant and inflammation-supporting agent that supports:

- **Metabolism:** By supporting the body's metabolic process of the breakdown of fats, thymoquinone can support normal metabolism, leading to more efficient calorie burning.
- **Appetite and Cravings:** Black seed oil helps control appetite by reducing cravings and supporting stable blood sugar levels. This contributes to a lower overall calorie intake and promotes healthy weight.
- **Gut Health:** Black seed oil's inflammation support properties can help with digestive discomfort and support a healthy gut microbiome, both of which are linked to effective weight management.

## How to Use Black Seed Oil for Weight Management

To safely use black seed oil as a part of a weight management routine, consider the following guidelines:

- **Dosage:** Studies have used 1-2 teaspoons (or around 2-3 grams) of black seed oil daily.
- **Consistency:** Black seed oil's effects become more apparent over time with regular use.

- **Choose High-Quality Oil:** Opt for a high-quality, freshly cold-pressed black seed oil or reputable soft gels to ensure purity and potency. Turkish black seed oil is the best because it is thought to be the genetic origin of black seed oil. Consider olive oil, for example, Italy and Greece have amazing quality. This is why source makes a difference in overall potency and quality.

## **Supporting Weight with a Balanced Lifestyle**

While black seed oil shows promise as a weight management aid, the research frequently points out **it is most effective when combined with a healthy lifestyle, including a balanced diet and regular physical activity.** By focusing on natural, nutrient-dense foods, staying active, and using supplements like black seed oil, you can support your healthy weight goals while mitigating the risks associated with being overweight, such as high blood pressure, high cholesterol, and type 2 diabetes.

In summary, black seed oil is a valuable supplement with research-backed benefits. Clearly, Black Seed oil can be a helpful addition to your overall health routine!

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.