

HEALTH BENEFITS OF OLIVE OIL



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Olive oil has numerous beneficial qualities. Some of them are as follows:

1. Reduces Heart Problems

The olive oil contains 70% monounsaturated fatty acid. As a result, it lowers cholesterol accumulation in the blood and reduces heart problems.

2. Lowers Cholesterol Levels

LDL cholesterol is the bad type of cholesterol, which increases the risk of heart attacks and pulmonary heart diseases. Extra virgin olive oil, which is rich in almost 40 antioxidant chemicals, helps reduce the oxidation effects of LDL cholesterol. It also helps increase the HDL cholesterol levels.

3. Weight Loss

Medical experts suggest that it is very difficult to gain weight from the mono-unsaturated fats present in olive oil. Research on Mediterranean olive oil has shown positive results with regards to using it for weight loss.

4. Boosts Metabolism

Olive oil boosts the metabolism, the growth of good bone structure, and brain development in children. It is an excellent source of vitamin E, which is very beneficial for older people.

5. Prevents Inflammation

Olive oil is rich in phenols that have anti-inflammatory and antimicrobial properties. As a result, its use helps inhibit the growth of pathogenic bacteria and relieve inflammation.

6. Improves Digestion

Olive oil is known to aid in the digestive process. It is used as a medicinal oil to clean the digestive tract and improve bowel movements.

7. Delays Aging

Rich in antioxidants, olive oil slows the natural aging process of the human body. Used in cosmetic products and natural herbal therapy, it does wonders for the skin by giving it a natural shine.

8. Prevents Gallstones

Use of olive oil is also effective in preventing gallstones.

9. Strengthens Cell Walls

Olive oil contains polyphenols which help in building stronger cell walls. It also increases the elasticity of arterial walls, protecting you against various heart conditions.

10. Reduces Risk of Cancer

Olive oil is said to protect the human body against cancerous growth, especially bowel cancer. Medical research done at the Oxford University has shown positive signs that the acidic content of this oil can prevent the commencement of rectum and bowel cancer.

11. Prevents Breast Cancer

A recent research study suggests that hydroxytyrosol, a major component of olive oil may help prevent breast cancer in postmenopausal women.

12. Lowers Hypertension

A recent research study suggests that a Mediterranean diet comprising of food rich in unsaturated fats (found in olive oil and nuts), nitrite, and nitrate (found in leafy green vegetables) may help protect you from hypertension.

There are several grades of olive oil, according to the flavor, aroma, acidic value, and color. Readers are advised to buy authentic oil with proper evaluation for cooking or medicinal purposes.