

## Understanding the Benefits of Natural Olive Oil

By Sandeep Godiyal, *Natural News*



Everyone knows that natural and organic foods are far more healthier than their processed counterparts. Unfortunately, many people don't take to heart this valuable piece of information, and they continue to consume food products that are completely unhealthy for them. In doing this, they often develop a wide array of preventable health conditions. The road to getting healthier can begin today, and it can start by incorporating natural olive oil into one's diet. In fact, let's go ahead and take a quick look at five healthy benefits of natural and organic olive oil.

### **Benefit 1: Good for the heart**

Bad cholesterol, medically referred to as LDL, can lead to the development of cardiovascular disease. Because of this, people need to do all that they can to limit the amount of bad cholesterol that develops in their bodies. Natural olive oil has been proven to reduce the amount of arterial plaque that builds on the walls of arteries; therefore, making it a great weapon in the fight against heart disease.

### **Benefit 2: Boosts iron intake**

Organic and natural olive oil tend to have high levels of iron. Iron helps formulate hemoglobin, which is the protein in the body that helps carry oxygen through the bloodstream. Iron also plays a key part in building enzymes that regulate immune functions. Additionally, iron is essential in the overall cognitive development of a person. Basically, the more iron a person has, the healthier he or she will be, and consuming natural olive oil is a great way to boost iron intake.

### **Benefit 3: Protects against cancer**

Cancer is a disease that finds its way into every family. Whether it be colon, breast or skin cancer, almost everyone knows of someone who has died from the disease. Fortunately, consuming natural olive oil will help fight against cancer. How does it serve as protection? Mainly, it's because it contains phenolic antioxidants, terpenoid and squalene, all of which are great weapons against the development of cancer.

### **Benefit 4: Reduces pain**

Because natural olive oil tends to contain high levels of oleocanthal, it works as a strong anti-inflammatory substance, meaning it mimics the properties of ibuprofen. Because of this, natural olive oil is a great natural pain reliever. Whether it be a headache or arthritis pain, many people testify that natural olive oil can reduce the associated pain.

### **Benefit 5: Protects against ulcer development**

Natural olive oil has high levels of antimicrobial properties, which are great at reducing the risk of ulcers in the stomach. In fact, because the oil is packed with polyphenols, these protect against eight different strains of bacteria that are known to cause ulcers. Three of these strains are resistant to antibiotics, making natural olive oil even more effective than some medications.

### **Tips for buying olive oil**

When buying natural olive oil, it's best to buy oil that's packed in dark glass. The darkness of the glass will protect the oil from degrading due to heat and light. Additionally, when purchasing the oil, it's a good idea to purchase certified olive oil; this ensures that the oil itself really is natural.

#### **Sources for this article include:**

<http://www.chatelaine.com>

<http://www.medicalnewstoday.com/articles/266258.php>