

12 Health Benefits of Olive Oil

By Real Food For Life



“Liquid Gold” is what olive oil was called by Homer the famous Greek poet. If you are what you eat, what would happen if you consumed “Liquid Gold” daily?

12 Health Benefits of Extra Virgin Olive Oil

1. Helps Reduce Type 2 Diabetes

A Mediterranean diet rich in olive oil has been shown to reduce the risk of type 2 diabetes by almost 50 percent compared to a low-fat diet, according to this Spanish study.

2. Weight Loss

It makes you feel full. In a study, participants ate low-fat yogurt over a period of three months. The yogurt was enriched with one of four edible fats: lard, butterfat, grapeseed oil and olive oil. “Olive oil had the biggest satiety effect. The olive oil group showed a higher concentration of the satiety hormone serotonin in their blood. Participants also reported that they found the olive oil yogurt very filling.” says Professor Peter Schieberle, Head of the TUM Chair of Food Chemistry and Director of the German Research Center for Food Chemistry.

3. Good for a Healthy Heart

It slows down the aging of the heart. Those who consume it regularly are less likely to develop cardiovascular diseases.

4. Helps lower bad cholesterol and raise good cholesterol. Twenty-eight outpatients were given olive oil supplements once a day for six weeks had a decline in total bad cholesterol to good cholesterol ratios.

5. Helps with Bone Health

People who consume olive oil have higher levels of osteocalcin protein which has a protective effect on bone, according to a two-year study.

6. Reduces Ear Aches Caused by Ear Wax

Too much wax in the ears can cause earaches. Olive oil can help soften and remove ear wax.

7. Lowers Depression

In a study, it was found that those who consumed trans fats regularly had a 48 percent higher risk of developing depression, compared to those who consumed olive oil.

8. Repair Damaged Hair

It can be used as a deep conditioner to soften your hair and help repair damage. Also, consuming it helps hair from the inside-out because it is rich in vitamins A, B-1, B-2, C, D, E, K and iron.

9. Protects Against Colon Cancer & Ulcerative Colitis

Olive oil can protect against bowel cancer according to research in 28 countries. Also, those with a high consumption of oleic acid (a component of olive oil) had a 90 percent lower risk of developing ulcerative colitis compared to those with a low consumption.



10. Nourishes Your Skin

It moisturizes by penetrating deeply into the skin without clogging pores, unlike what many commercial skin moisturizers do. It does this so well that it is often used for skin conditions like eczema or psoriasis.

11. Reduces Skin Cancer

Melanoma, a dangerous type of skin cancer, can be slowed down by consumption of olive oil which is rich in antioxidants, a study conducted by Dr. Niva Shapira from Tel Aviv found. Dr. Shapira says that consuming olive oil and other Mediterranean foods could be countering the oxidizing effect of the sun. Interesting fact: only three in every 100,000 residents of countries in the Mediterranean develop any form of skin cancer.

“Italians ... seemed never to die. They eat olive oil all day long ... and that’s what does it.”
~ William Kennedy

12. Improves Digestion

Olive oil increases the production of peptides, which support healthy digestion.



12 Benefits of Olive Oil



Type II Diabetes
Olive oil diet is rich in monosaturated fats which helps protect against Type II diabetes.



Obesity
Olive oil can make it easier to control or lose weight due to its high nutrient value.



Heart Health
Helps slow down heart aging process, antioxidants may offer protection against red blood cells damage.



Blood Pressure
Taking olive oil on a daily basis can help reduce hypertension.



Keeps Bones Healthy
Help prevent the loss of calcium related to developing osteoporosis during later years.



Relieving Earache
Olive oil is known as being a natural remedy for earache and for dealing with excess ear wax.

www.HomeTipsWorld.com



Depression
People who follow a Mediterranean style diet that is rich in olive oil may be at a lower risk of depression.



Damaged Hair
Olive oil has the ability to moisturize hair that has become frizzy or dry.



Colon Cancer
Research by Spanish scientists has shown including olive oil in the diet lowers the risk of this cancer.



Skin Health
It's used in skincare products as it's full of antioxidants and vitamins A and E.



Skin Cancer
Olive oil is rich in antioxidants, and may help lower the risk of malignant melanomas.



Digestion
Helps to give a feeling of fullness, and the contents of the stomach are digested more slowly.

Sources:
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History of Olive Oil

The ancient Greeks believed olive trees were a gift sent from the wise, courageous and inspirational goddess Athena. Olive trees were considered so sacred that the Greek Laws of Solon in the 6th to 7th century BC would not allow them to be cut down.

In the Mediterranean, the olive tree has been thought of as sacred for thousands of years. With a lifespan of 300 to 400 hundred years, we are fascinated by it.

How is It Made?

Olives, the fruits of the olive tree, are pressed and the olive oil is released. As simple as that is, it isn't always what actually happens. Some companies extract the oil by using chemicals like solvents, or they heat treat the olives to extract the oil. To make more money they may even dilute it with cheaper oils.



Which Olive Oil to Buy?

Which Olive Oil to Buy? Beware of Frauds!

There are so many brands on store shelves, it can be hard to know which ones are authentic. Just because the label says "extra-virgin olive oil" does not mean that it actually is. Learn how to deal with olive oil fraud here.

"If my cuisine were to be defined by just one taste, it would be that of subtle, aromatic, extra-virgin olive oil." – Alain Ducasse

How to Use Olive Oil

Do not use olive oil for cooking at high temperatures. It has a low smoke point and heat makes it susceptible to oxidative damage. It is best to add olive oil to foods immediately after cooking.

Or if you do want to cook with it use a non-virgin oil.

Remember to store oil in a tightly sealed jar in the refrigerator.