5 OLIVE OIL HEALTH BENEFITS

Amazing olive oil health benefits have been studied, but may be even more important for what it doesn't do—clog your arteries and raise your cholesterol—which is problematic for many cooking fats. Olive oil is actively healing to many systems of your body, including your heart, pancreas, endocrine system, and gut biome! It adds luxurious richness to your diet without the health problems most commonly associated with indulging in rich foods.

1. BENEFICIAL IN OVERALL DIET

One of olive oil's best niches is the healthy and effective Mediterranean Diet. Olive oil as part of the Mediterranean Diet has been shown to prevent colo-rectal cancer.

This diet, which is nearly identical to the Maker's Diet, has been shown to reduce the signs of aging when it includes olive oil. In addition, olive oil as a part of the Mediterranean Diet, reduces the incidence of type 2 diabetes compared to a low- fat diet, even with no calorie restriction.

Other dishes that highlight olive oil include salad dressings such as vinaigrettes, toppings or dipping oil for bread like garlic oil, homemade mayonnaise, and oil- rich cakes. Olive oil can replace cooking oil for all but the highest heat applications (like deep frying).

2. HELPING WITH MEDICAL CONCERNS

Olive oil health benefits are seemingly endless. No wonder it has achieve superfood status.

Bone Health – Studies show olive oil helps prevent osteoporosis, but without causing estrogenic issues like many other treatments. Olive oil has also been found to be analgesic (helps stop pain), and to fight cancer and inflammation.

Heart Health – People have chosen olive oil for years to improve heart health, but a recent study shows it can make a difference whether the subject's diet is healthy or obesity-causing. Regular consumption of olive oil may also improve endothelial function and inflammation, and reduce inflammation in the prevention and treatment of coronary artery disease.

Pregnancy & Infants – Extra virgin olive oil can even help birth outcomes and child development. When the mother's diet contains extra virgin olive oil, the birth weight of new-borns is improved, and both weight and specific biochemical indicators are still improved in offspring at adolescence compared with mothers who consumed no olive oil.

Immune Boosting – Olive oil is great for a number of health concerns, including improving immunity by working on the gut biome, and increasing insulin sensitivity in subjects with metabolic syndrome.

Cancer – Many studies demonstrate olive oil's significant cancer-fighting properties. It is antioxidant, anti-microbial, anti-inflammatory, and anti-cancer. Another study confirms olive oil is both anti-cancer and anti- diabetic. And it significantly lowers the overall incidence of cancer.

Overall, swapping out less healthy oils and fats for olive oil is one of the healthiest moves you can make.

3. USES FOR BEAUTY & BODY CARE

Olive oil health benefits extend beyond the kitchen table. It has long been a part of beauty treatments. Even scripture mentions it as a hair and skin treatment. A lovely way to protect, soften,

and improve texture of skin is to apply olive oil with your favorite essential oil blend to wet skin in the shower before towel drying. Use it in this DIY lotion bar for a skin soothing benefit.

Olive oil creates a protective barrier, but also penetrates better than coconut oil, which in turn, penetrates better than grape seed oil and avocado oil. This makes olive oil an important carrier oil for both medicinal and cosmetic use. Further, it is synergistic with other ingredients in addition to its nutritional value when applied alone.

Olive oil, like both avocado oil and coconut oil demonstrates slight ultra-violet protection; however, none of them are suitable for use as a sun block when used alone. Additional ingredients are better in homemade sunscreens if you are wanting to DIY.

A clinical study shows that olive oil, used topically or cosmetically is anti- inflammatory, antioxidant, wound healing, prevents skin cancer and may be antibiotic. That is an impressive array of benefits for a beauty product!

4. OLIVE OIL USES FOR PET CARE
Olive oil health benefits aren't limited just to humans! It is as good for most pets as it is for you. Always consult your veterinarian first if you have any questions, of course. Olive oil is used as a carrier for pet-safe essential oils or topical medications that need to be diluted—with fur to contend with, a good penetrating oil is even more important than it is for human use.

Olive oil can be used alone for relief of hair balls, ear mites, or even mange. Internally it lubricates the gastro-intestinal tract, allowing hairballs to pass. Externally it helps to smothers mites and soothe irritation. The most popular use of olive oil for pet care is adding a drizzle over food once a week to keep coats shiny and healthy.

5. OLIVE OIL HOUSE CARE AND DIY CLEANING IDEAS
Olive oil is great for natural wood—just be sure not to apply to floors or other surfaces where a slippery surface could be dangerous. To restore real wood cabinet fronts, mix a tablespoon or two of olive oil with lemon essential oil into vinegar water and buff until wood is softly shiny. Wipe away any excess. Use it in our Homemade Dusting Spray also!

Olive oil works great in a pinch to replace hardware lubricants such as fixing squeaky door hinges and freeing sticky zippers, but never use it in engines or machinery. It also loosens semi- dry latex paint for easy clean-up. It even doubles as a subtle shoe polish for real leather.

Kitchen Tip! If you measure the oil first in our naturally healthy recipes, olive oil coats the measuring cups or spoons, keeping other ingredients from sticking. If you have a recipe with honey or syrup, you will get truer measurements by doing your oil first.

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