12 Benefits of Olive Oil

Type II Diabetes
Olive oil contains a fat which helps protect against Type II diabetes.

Obesity
High in antioxidants, making it easier to control or lose weight due to its high nutrient value.

Heart Health
Helps slow down the aging process, antioxidants may offer protection against fat blood cells storage.

Blood Pressure
Taking olive oil with daily tasks can help reduce high blood pressure.

Keeps Bones Healthy
Help prevent the loss of calcium needed to develop osteoporosis during later years.

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

Depression
People who follow a Mediterranean style of diet rich in olive oil may benefit from lower rates of depression.

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

Colon Cancer
Research by Japanese scientists found seaweed containing olive oil in the diet lowers the risk of this cancer.

Skin Health
It acts as a natural anti-inflammatory and contains antioxidants A and E.

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

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

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Reference:
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