



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.



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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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