



Properties Of Olive Oil And Its Benefits For The Body

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OLIVE OIL AND
ITS BENEFITS FOR
THE BODY

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The results of a study showed that the polyphenols in essential olive oil can protect against cardiovascular disease, atherosclerosis, stroke, brain dysfunction, and cancer. Polyphenols are an antioxidant.

- ▶ **Metabolic syndrome:** Metabolic syndrome is a condition that is exacerbated by several risk factors and increases the risk of disease including obesity, high blood pressure, and high blood sugar. According to the results, olive oil in the Mediterranean diet may improve the characteristics of the metabolic syndrome, such as inflammation, blood sugar, triglycerides (fats in the blood), and low-density lipoprotein (LDL) or "bad". Cholesterol, in contrast, appears to increase levels of high-density lipoprotein (HDL) or "good" cholesterol.
- ▶ **Treat depression:** Studies have shown that the compounds in extra virgin olive oil may help protect the nervous system and may be useful in treating depression and anxiety.
- ▶ **Reduce the risk of cancer:** ingredients in olive oil may help reduce the risk of breast cancer, but not all findings confirm this. Olive oil contains substances that may help prevent colon cancer.
- ▶ **Alzheimer's disease:** Some scientists have suggested that consuming extra olive oil in the diet may help prevent Alzheimer's disease. This may be due to its protective effect on blood vessels in the brain. Consumption of ultra-rich olive oil can help slow or stop the progression of Alzheimer's.



- ▶ **The number of vitamins:** Olive oil contains fat-soluble vitamins A, D, E, and K. Some of these vitamins are good for the skin. For example, people have historically used vitamin E oil topically to treat a variety of skin conditions, including psoriasis and eczema.
- ▶ **Antibacterial effects:** Olive oil has been shown to have antibacterial properties. However, there are very few studies on the ability of olive oil to control bacteria on the skin. A small study looked at the effects of using olive oil and coconut oil on Staphylococcus aureus bacteria on the skin. The results showed that both oils have antibacterial properties, but virgin coconut oil is more effective in killing bacteria. However, olive oil may sometimes be used to treat bacterial skin infections. Healing may also improve in people with foot ulcers caused by type 2 diabetes.



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Free radicals are substances that the body produces during metabolism and other processes. Antioxidants neutralize free radicals. Too many free radicals can cause oxidative stress. This can lead to cell damage and may play a role in some diseases, including certain types of cancer.

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Olive oil is obtained from the fruit of the olive tree. Olive is a traditional product of the Mediterranean region. People make olive oil by pressing whole olives. People use olive oil in cooking, cosmetics, medicine, soap, etc. Olive oil was originally from the Mediterranean, but today, it is popular all over the world. In the diet, people keep olives in olive oil or saltwater. They are eaten whole or chopped and added to foods. They can use olive oil for cooking for bread, for cooking pasta, cooking, or as a salad dressing. Some people use it with a tablespoon for medicinal purposes.

► **Properties of edible and hygienic olive oil:** Many studies have looked at the health benefits of olive oil.



► **Olive oil and the cardiovascular system:** Olive oil is the main source of fat in the Mediterranean diet.

People who take this diet seem to have a higher life expectancy than people who follow other diets, including those who are less likely to die from cardiovascular disease. Some experts call it the "standard in preventative drugs." According to the authors of a 2018 study, the US Food and Drug Administration (FDA) and the European Food Safety Authority recommend that you consume about 20 grams or two tablespoons of olive oil per day to reduce the risk of heart disease Vascular shrinkage.