PLANTS & HERBS

Excellent Reasons to Add Olive Oil to Your Diet: 5 Best Health Advantages

By bestfolkmedicine · 25/03/2020 · 2 min read



Without doubt, olive oil is one of the healthiest oils in the world. In the Mediterranean regions where it's regularly consumed, people are healthier and have longer life spans.

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The extra virgin olive oil is the highest quality of olive oil and it's extracted from the olive oil without the usage of heat or chemicals.

Olive oil is abundant in antioxidants and it contains MUFas, healthy types of fat. The oil does taste bitter; however, it's richest in antioxidants of all types of olive oils because it's the least processed.

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This oil is made from olives which are fruits of the olive tree. They're traditionally grown in the Mediterranean region by pressing whole olives.

It's popular oil for cooking, medicine, soaps, cosmetics, and as fuel for lamps.

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Today, it's consumed and produced worldwide.

Olive oil as a part of the diet is often used as a dip for bread, drizzled on pasta, for cooking or in salads.

5 Significant Health Benefits of Olive Oil

- **Boosts the cardiovascular health**

According to a 2018 review, the FDA and the European Food Safety Authority 20 grams or 2 tbsp of extra virgin olive oil per day lowered the risk of heart illness and inflammation.

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Moreover, people consuming this oil regularly in their diets appear to have a longer life span and a lower risk of dying due to heart diseases.

- **Lowers the risk of depression**

In a 2013 study with lab mice, ingredients from extra virgin olive oil helped protect the nervous system and may also be helpful in alleviating depression and anxiety.

It was also discovered that individuals who consumed trans fats, an unhealthy fat present in premade baked goods and fast foods, have greater likelihood of depression than those who consumed the unsaturated ones present in foods like olive oil.

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- **May reduce the risk of Alzheimer's**

According to research from 2016, extra virgin olive oil as a regular part of the diet may help avert Alzheimer's, probably because of its protective capacity on the blood vessels in the brain.

- **May be useful for people with IBD**

IBD is known to trigger an inflammation of the digestive tract. Types of IBD are Crohn's and ulcerative colitis.

From a 2019 review, it was discovered that the phenols of olive may help improve the immunity of the intestines and gut health by changing the gut microbes.

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This may help people with these conditions find relief.

- **May lower the risk of cancer**

According to some findings, the substances present in olive oil may lower the chances of breast cancer. 2019 research findings showed that it may be helpful in reducing the risk of colorectal cancer too.

Lab tests have concluded that the antioxidants in this oil may help keep the body safe from inflammation, oxidative damage, and epigenetic changes.

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Sources:

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