HOME

Drink 2 Spoons of Olive Oil Every Morning — This Is What Happens to Your Body

By bestfolkmedicine · 08/03/2026 · 3 min read



Long before fancy supplements and modern wellness trends appeared, our grandmothers already knew a few simple secrets for keeping the body strong.

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One of those little secrets was **olive oil**.

In many Mediterranean homes, it was common to take **a spoon or two of olive oil in the morning**, sometimes before breakfast, sometimes mixed with warm bread or lemon water. They didn't call it a "superfood" back then — it was simply part of daily life.

But today, scientists are beginning to understand why this ancient habit may be so powerful.

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Let's look at what may happen inside your body when you drink **two spoons of olive oil every morning**.

1. Your Heart May Thank You

Olive oil is rich in **healthy monounsaturated fats**, especially a compound called **oleic acid**.

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These healthy fats can help:

• support healthy cholesterol levels
• protect blood vessels
• reduce inflammation in the body

People living in Mediterranean regions — where olive oil is used daily — tend to have **lower rates of heart disease** compared with many other parts of the world.

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No wonder our grandparents called it **"liquid gold."**

2. Your Digestion May Improve

Many folk healers recommend taking olive oil **on an empty stomach in the morning**. Why?
Because olive oil gently stimulates the digestive system.

It may help:

• encourage bile flow
• lubricate the intestines
• support smoother digestion

Some people even say it helps with **mild constipation**, acting as a natural digestive lubricant.

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It's one of those simple remedies that has been used quietly in kitchens for generations.

3. Your Body Gets Powerful Antioxidants

Extra virgin olive oil is full of **natural antioxidants called polyphenols**. These compounds help the body fight **oxidative stress**, which can damage cells over time.

Some important antioxidants in olive oil include:

• oleuropein
• hydroxytyrosol
• oleocanthal

These natural plant compounds may help support the body's **anti-inflammatory defenses** and protect cells from everyday wear and tear.

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4. Your Brain May Stay Sharper

Your brain needs healthy fats to function well. In fact, the brain is made up of nearly **60% fat**, so the quality of the fats we eat matters.

Some studies suggest that the healthy fats and antioxidants in olive oil may help support:

• memory
• concentration
• overall brain health

This is one reason the **Mediterranean diet**, which is rich in olive oil, has been associated with better cognitive health as people age.

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5. It May Help Balance Blood Sugar

Healthy fats slow down the digestion of carbohydrates. When olive oil is consumed with meals, it may help **reduce sudden spikes in blood sugar** after eating.

Stable blood sugar can support:

• steady energy levels

• fewer cravings

• better metabolic balance

It's a small change that may make a noticeable difference over time.

6. Your Skin May Glow From Within

Our grandmothers didn't just use olive oil in the kitchen — they used it for **beauty as well**.

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Olive oil contains:

• vitamin E

• antioxidants

• nourishing fats

These nutrients help support healthy skin cells and may help the skin look **more hydrated and radiant**. Some people notice that when they include olive oil regularly in their diet, their skin begins to **look healthier and softer**.

How to Use Olive Oil the Right Way

If you would like to try this old Mediterranean habit, here are a few simple tips. Always choose **extra virgin olive oil**, preferably cold-pressed and high quality.

You can take:

1–2 tablespoons per day

Either:

• first thing in the morning

• with salads or vegetables

• drizzled over warm foods

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Avoid overheating extra virgin olive oil too much, as high heat can reduce some of its beneficial compounds.

A Simple Tradition Worth Remembering

Sometimes the most powerful health habits are also the simplest. Our grandparents didn't have complicated diets or endless supplements. Instead, they relied on **natural foods, simple routines, and ingredients from the earth**. A spoon of olive oil in the morning may seem like a small thing — but small daily habits often create the **biggest long-term results**. So tomorrow morning, you might try what many Mediterranean families have done for generations. Just two spoons of olive oil — and let nature do the rest.

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