Top 7 Benefits of Extra Virgin Olive Oil

A staple in the Mediterranean, extra virgin olive oil can be found in most dishes originating from the region. The oil is also a main ingredient in the Mediterranean diet that was developed as a way to safely lose weight while improving your overall health. High in essential fatty acids, plant sterols, and even vitamin K, there are several benefits associated with extra virgin olive oil that include its great taste.

Improve Your Immune System

Extra virgin olive oil is high in certain antioxidants that can help strengthen your immune system, along with vitamin E and natural carotenoids. These compounds are necessary for your body to successfully fight off certain cancers and diabetes and prevent inflammation and coronary artery disease. These naturally occurring antioxidants are also responsible for the distinctive flavor of the oil and are also beneficial in helping to prevent some types of degenerative nerve disease.

Relieves Aches and Pain

The nutritious oil is also high in oleocanthal, which acts like a natural pain reliever. This compound mimics the active ingredients found in ibuprofen and is a natural and safe way to ease various aches and pains due to inflammation. Extra virgin olive oil can also help treat the discomfort associated with sore and swollen joints that are usually caused by arthritis.

Weight Loss Aid

With the growing popularity of the Mediterranean diet, many people are discovering the great taste of the extra virgin olive oil, which can make it easier to eat healthily and lose the extra weight. While it is high in fat and calories, it can also help you shed the extra pounds. The calories contained in olive oil are used for energy while the fatty acids are essential for your general health. It can also improve digestive health, which is always beneficial even if you are not trying to lose weight.

Improve Your Sex Life

The compounds found in extra virgin olive oil can also improve your sexual performance, along with your general health. The plant sterols can reduce cholesterol and reduce your risk of developing heart disease while the essential fatty acids improve blood flow and circulation. Increased blood flow can treat several sexual dysfunctions, and prevent any from occurring. When your entire body is healthy, it is easier to have a satisfying sex life.

Prevent Loss of Brain Function

One of the biggest fears people face when they are growing older is the loss of brain function. The vitamin K in extra virgin olive oil has proven to be successful in preventing damage to the neurons, a key step in treating and preventing Alzheimer’s disease. Vitamin K can also increase bone density, and prevent osteoporosis.

Reduce Signs of Aging

Along with helping to prevent and treat arthritis, memory loss, and osteoporosis, this healthy and natural oil can also

improve the appearance of your skin. The vitamins and plant sterols can help fight the signs of aging, along with minimizing fine lines and wrinkles. High in essential vitamin E, adding extra virgin olive oil to your daily diet can help improve cellular regeneration. This can not only “erase” tiny wrinkles, but the beneficial compounds can also even skin tone for a fresh and radiant appearance.

Improve Overall Health

Along with being an effective weight loss aid, extra virgin olive oil can improve your overall health. The naturally occurring antioxidants can reduce your risk of developing certain diseases while the plant sterols work to lower cholesterol and improve the health of your heart. Essential vitamins improve your skin tone and digestive system while also helping to treat and prevent several health conditions. This delicious and nutritious oil can also improve memory function, along with your sex life.

Summary

It is hard to believe that this natural oil can offer so many health benefits while also making salads, pastas, and even bread taste unbelievable. Used for centuries in the Mediterranean for its nutritional properties, it has now become a popular choice for many people looking to lose weight and improve their health. Extra virgin olive oil can be used in cooking, as a dressing for vegetables and pasta, or to simply dip your bread in. It will improve your digestive system making it easier to lose weight safely, and its natural compounds work to improve the health of your body. As a bonus, this natural oil does not contain any allergens and is generally considered safe for anyone to ingest.

References:

- *OliveOil* — Wikipedia
- Multiple Articles — Consumer Health Digest
- Multiple Articles — Glozine