



## OLIVE OIL A MIRACLE FOR OUR HEALTH

In Greece, in the context of the Mediterranean diet, we traditionally consume olive oil on a daily basis with all our foods / dishes: pies, stews, salads. As olive oil is the best possible lipid intake, the Mediterranean diet has been recognized as one of the healthiest in the world.

Below you will find a list of the most important reasons that make it a valuable product for our health. For even more impressive results, just drink a tablespoon of olive oil on an empty stomach every morning just before your breakfast.

Effects of olive oil on our health:

1 /éna/

### PREVENTS & CONTRIBUTES TO THE TREATMENT OF CARDIOVASCULAR DISEASE

Olive oil, thanks to its composition [fatty acids, oleic acid (Omega 9), linolenic acid (Omega 3), linoleic acid (Omega 6)] manages to regulate total cholesterol, by eliminating LDL while maintaining the levels of HDL. It also acts favorably on triglycerides (which means that triglycerides do not increase with the consumption of olive oil as much as of other types of lipids) and prevent the formation of atherosclerotic plaque (as LDL does not oxidize with its consumption). All of the above reduce the risk of cardiovascular disease. Further studies have shown that monounsaturated fats and diet based on olive oil lower blood pressure.

2 /díο/

### IT HELPS US LOSE WEIGHT

For all the reasons mentioned in the preceding paragraph, a diet based on extra virgin olive oil helps in losing weight. Olive oil contains an enormous amount of fatty acids, which are the healthiest type of fat, the best replacement for butter and other types of oils. It is important to note that contrary to the main perception, olive oil gives us 9 calories per gram, just like seed oils while actively regulates metabolism due to its squalene content.

3 /tría/

### PREVENTS & HELPS REGULATE DIABETES

As metabolism regulation and proper body weight are important factors in eliminating the possibility of type 2 diabetes and controlling glucose levels in general, extra virgin olive oil is irreplaceable in this area as well. Recent studies provide new information on the beneficial effects of a diet such as the Mediterranean, with olive oil as a major source of fat. Extra virgin olive oil is richer in lipid content, mostly derived from monounsaturated fatty acids, and much less from saturated fatty acids. This significantly reduces cholesterol and blood glucose levels.



4 /tésera/

### **OLIVE OIL AGAINST CANCER**

Extra virgin olive oil has a high content of antioxidants, vitamins and other nutrients (polyphenols, flavonoids, carotenes, etc.). For this reason, frequent consumption reduces the risk of a number of cancers, such as breast, pancreas, stomach, larynx, bladder and prostate.

5 /pénte/

### **OLIVE OIL FOR HEALTHY & GLOWING SKIN**

Antioxidants in olive oil (polyphenols – such as Vitamin E, Vitamin C and 200 other micronutrients) can constrain the formation of free radicals, which can slow down aging. In addition, olive oil contains about 10% of the necessary daily amount of Vitamin E in each tablespoon, which contributes, among other things, to good skin quality. Extra virgin olive oil nourishes and rejuvenates the skin while it is able to penetrate deep into the skin and keep it hydrated. It can also be used as a mask for hair or skin.

6 /éksi/

### **THE NO 1 BRAIN MEDICINE**

It is well known by now that for the perfect functioning of our brain we need fat. Extra virgin olive oil, the "liquid gold" of the Mediterranean diet, helps maintain memory and learning. It also reduces mental decline, thereby reducing the risk of dementia and Alzheimer's.

This unique asset of olive oil is presented in a scientific study by researchers at the American University of Temple, published online in the journal *Annals of Clinical and Translational Neurology*.

7 /eptá/

### **OLIVE OIL STIMULATES THE IMMUNE SYSTEM**

The University of Jaen's Microbiology and Immunology Research Group studied the protective effect of virgin olive oil against infections compared to other fats.

Team leader Gerardo Alvarez de Cienfuegos explains that fat covers 5% of human nutrition, so it's important to know which fats are best for our health. Experiments have shown that olive oil fats stimulate immune system cells making them more effective in defense against infections.

8 /októ/

### **OLIVE OIL AGAINST CONSTIPATION & BOWEL CANCER**

Its composition in fatty acids, and the presence of chlorophyll aids digestive tract function, stimulates the pancreatic lipase enzyme, facilitates biliary secretion and promotes endogenous cholesterol metabolism. It improves digestion, combats constipation and helps the bowel to function properly.

Olive oil seems to protect against colon cancer, according to a study led by Michael Stoneham and his research team at the University of Oxford's Department of Public Health, published in the October issue of the *Journal of Community and Epidemiology*.

9 /eniá/

### **PURE OLIVE OIL CLEANSSES THE LIVER**

Liver performs a very important function for our body: it cleans all our internal systems. But sometimes we have to detoxify the liver itself, and this is something we can do with the help of olive oil! For best results, mix 2 tbsp olive oil and 1/3 lemon juice in a glass and consume.

10 /déka/

### **OLIVE OIL IMPROVES THE QUALITY OF THE ERECTION**

According to data presented by Christina Chrysochoou, Consultant at the First University Cardiology Clinic of the Hospital "Hippocrateio" in Athens, just nine tablespoons of olive oil are enough to reduce erectile dysfunction by 40%. Olive oil has been documented to provide numerous positive effects on blood vessels and the circulatory system. It also increases testosterone levels, which in turn reduces the risk of erectile dysfunction.

It is noteworthy that the study showed that the positive effect was augmented when participants also included 13 portions of vegetables, 6 fruits, 3 portions of fish and 2 portions of beans in their weekly diet.

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*Superior category olive oil obtained directly from olives and solely by mechanical means. The presence of sediment at the bottom of the containers is perfectly normal. If sediment is present, use a paper filter when transferring the oil to another container.*

