

## BENEFITS OF OLIVE OIL

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named after Abu Ali ibn Sino

### Abstract:

Olive oil is vegetable oil obtained from the European olive (lat. *Olea europaea*) plant. It provides a mixture of fatty acid triglycerides with a high fatty acid content of oleic acid esters. It has a color from orange to yellow-green and a slightly bitter taste.

**Keywords:** olive oil, benefits, fat, digest

Olive oil has long been known as one of the most beneficial products. It is actively used in medicine, dietology and cosmetology.

The ancient Greeks and Egyptians, who did not even imagine how rich the olive fruit is in trace elements, appreciated the unique properties of the olive and considered the olive tree to be of divine origin.

### BENEFITS OF OLIVE OIL

Olive oil has so many healing properties that it is hard to believe that there are so many benefits in one product. So, let's understand how "liquid gold" is used.

One of the main components of the Mediterranean diet, olive oil has a positive effect on the digestive system. The secret is the presence of monounsaturated fatty acids, especially oleic acid, which reduce cholesterol. Olive oil is easily absorbed by the body, reduces appetite, accelerates metabolism and has a beneficial effect on the stomach.

Regular consumption of olive oil is a good way to prevent cardiovascular diseases: it strengthens the arteries and makes them more elastic.

Many drugs that help lower blood pressure are created based on the leaves of the olive tree. In addition, olive oil has a positive effect on bone tissue and prevents calcium loss, this property of the plant makes it especially valuable for children.

Among the benefits of olive oil, its component, linoleic acid, is healing by helping to heal wounds and burns quickly, as well as maintaining muscle tone and normal functioning of body tissues. In addition, linoleic acid has a beneficial effect on visual acuity and coordination of movements. A hundred years ago, it was discovered that olive oil can help in the treatment of psychological disorders.

But one of the most surprising benefits of olive oil, proven by many studies, is the reduction of the risk of developing malignant tumors, especially breast cancer. Oleic acid, vitamins and antioxidants, which are part of the oil, suppress the development of cancer cells, or in other words, remove toxins from the body that, among other factors, affect the mutation of cells.

The use of olive oil as a remedy in medicine, in which it is necessary to drink olive oil:

- Cleansing the liver;
- Ulcerative diseases;
- Diseases of the oral cavity;
- Periodontitis;
- Constipation;
- Sclerosis.

## BEAUTY BENEFITS OF OLIVE OIL

The benefits of olives are recognized not only by doctors, but also by cosmetologists, who actively include this product in creams, masks and balms for the face, hair and body. The benefits of olive oil for the face and hair have already been proven.

Since ancient times, charming girls have used olive oil as a cleansing, anti-inflammatory and moisturizing agent for the skin of the face. Olive oil mask is an excellent rejuvenating agent that helps to reduce small wrinkles thanks to the unique substances - squalane.

Hair care products→

As a result, the hair becomes shiny and strong, like the famous hair of Spanish and Italian women who regularly consume olive oil and often use masks made from it. Vitamins A and E contained in olive oil give hair a healthy look and shine.

Another useful feature of olive oil is that it is often used for massages and massages. The oil softens and moisturizes the skin, accelerates the removal of harmful substances and improves the secretion of glands.

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