

## 17 facts, views and tips on olive oil

Blog post 6/13

### 8. Is olive oil healthy?

First of all, I answer with a clear and definite "YES".

Now, of course, it would be more than naive to think that just by using olive oil instead of other fats and otherwise not paying any further attention to your diet, you are eating a healthy diet.

I am happy to share my own life experience and my knowledge of healthy eating with you. The level of harmful LDL cholesterol (often called "bad" or "bad" cholesterol) is lowered by unsaturated fatty acids in the body and that of "good" HDL cholesterol is increased. Phenols also have a very positive effect on the body. Both unsaturated fatty acids and phenols are essential components of olive oil. However, it also contains a whole range of useful antioxidants in high concentrations, which are important for the body's own defences. For example, free radicals, which are produced during metabolism in the body, must be fought. This necessary self-defence of the body is supported by antioxidants.

In contrast, saturated fatty acids, which are mostly of animal origin, can constrict the veins and lead to coronary heart disease.

#### For which physical problems does olive oil help?

Vitamin E, antioxidants and monounsaturated fatty acids **delay the ageing of human cells**. The intake of monounsaturated fatty acids has a positive effect on **cancer, the gastrointestinal tract and gallstones**. Olive oil also has an advantage over other oils and fats in cases of **weight problems**. For **hair** and against **skin cancer**, olive oil has a positive effect when applied externally - it nourishes the hair and protects the skin. My mother treated my sister's hair with olive oil once a month, i.e. olive oil massaged into the hair. She washed her hair after one hour of application. My sister still has very strong and almost no white hair in mature years. My wife does the same on holiday: On the beach she moistens her hair with olive oil, which is later washed out in the sea. And in the bathroom we use olive oil soap.

For people suffering from **chronic constipation**, the consumption of olive oil works wonders and **diabetics** can keep their blood sugar under control by regular consumption. Olive oil also protects against **coronary heart disease** and **thrombosis** and, as mentioned above, **lowers cholesterol**.

As already mentioned: Isolated and on its own, olive oil cannot have a great effect. But combined with a sensible diet and lifestyle, it can help you develop your full potential. That's why in the next part I will present the traditional Mediterranean diet and my very personal list of tips for a healthy life.



**DO YOU HAVE ANY QUESTIONS, SUGGESTIONS, ADVICE, MESSAGES,  
PROPOSALS?**

**PLEASE CONTACT US.**

**Your Ergin Family**

**[ergin@vinvinowein.de](mailto:ergin@vinvinowein.de) & [n.ergin@vinvinowein.de](mailto:n.ergin@vinvinowein.de)**