

Nowadays, a great number of scientific researches, studies and reports by scientists, universities, foundations and organizations worldwide, have revealed and confirmed the extraordinary health-protective and therapeutic action of olive oil with a high content of phenols and polyphenols and other types of beneficial active natural substances, such as **tocopherols**, **flavonoids** (e.g. apigenin), **lignans** (e.g., pinoresinol, acetoxypinoresinol), **secoiridoids** etc. **Among others, it appears that:**



It **increases** the levels of "good" **HDL cholesterol** in the body, while **lowering** levels of "bad" **LDL cholesterol**. It has an excellent action **against atherosclerosis**, since it protects the body from the build-up of arterial plaques and prevents major **cardiovascular diseases**, such as **coronary heart disease** and **myocardial infarction (heart attack)**, etc..

All the above mentioned information and in general the information mentioned on this web site, regarding the health protective and healing action of olive oil and in particular of the products of ours, has strictly informative purpose and should by no means be considered as an inducement, for people with health problems, to stop following medical instructions and/or advice or any medication they already receive, without the prior agreement of their treating physician/doctor.



It is widely known for its **strong anticancer action** due to the composition of its organoleptic substances (Phenols, Sterols). It neutralizes **free radicals** and according to studies, it prevents the **proliferation** and **metastasis** of **breast and prostate epithelial cells** and **prevents skin cancer** and **cancer of the digestive tract**. It helps **regulate blood pressure**..



It has **strong neuroprotective action** and according to new studies, it prevents and slows the progression of **Alzheimer's disease**, while there are also positive promising indications for **Parkinson's disease**.



It improves the levels of blood sugar (**prevention of insulin resistance**) and at the same time **combats complications of diabetes mellitus**.



It has a **strong anti-inflammatory** and **antimicrobial action** and effectively assists in the the **treatment of infections**, as well as external and internal inflammation. It acts effectively against the development of the **Helicobacter pylori**, which is responsible for the development of **peptic ulcer** and **stomach cancer**.



It **strengthens** the **immune system** and has a **very strong antioxidant action** (Hydroxytyrosol in olive oil has been recognized as the **most powerful antioxidant** in nature amongst all polyphenols)..



It is of benefit to the protection of the **digestive tract mucosa** by limiting the production of hydrochloric acid and pepsin that result in **ulceration**. Also the high index of absorption of olive oil from the mucosa helps in the treatment of **intestinal diseases**.



It contributes substantially not only to the **treatment of stones** formed in the **bile** and the **liver**, but also to the secretion of bile, while also fighting **dyspepsia**.



It facilitates the absorption of **calcium and magnesium** from the body, preventing and even treating **osteoporosis**. According to recent studies at the University of Madrid and at the University of Athens, olive oil **helps maintain bone health**. Research has shown elevated levels of osteocalcin in individuals who mostly consume more olive oil in their daily diet. It prevents and treats **rheumatoid arthritis** and **osteoarthritis**.



Based on new studies in Italy, it helps **alleviate allergies**. In particular, hydroxytyrosol has been found to be the main anti-inflammatory component of olive extract, which acts as an **antihistamine**.



It acts against **skin aging (anti-aging action)** caused by stress and environmental factors. It acts extremely well in the fight against **all kinds of skin diseases**.

Sources

- [Pharmacological properties of the measured compounds](#), by Deputy Professor of Pharmacognosy and Chemistry of Natural Products of the Pharmaceutical Department of the University of Athens, Mr. Prokopios Magiatis.
- Researches and Reports of [UC Davis Olive Center](#) in association with the UNIVERSITY OF CALIFORNIA DAVIS (UC DAVIS), U.S.A.: Olive oil as medicine: the effect on blood lipids and lipoproteins, Olive oil as medicine: the effect on blood pressure etc.
- [Grouped Scientific Researches, Studies, Reports, Articles, Reports & relative links](#)