

TOP 10 BENEFITS

**OF HIGH PHENOLIC
EXTRA
VIRGIN OLIVE OIL
& OLIVE TREE EXTRACTS**



Scientific research overview on the Health Benefits of High Phenolic Extra Virgin Olive Oil and Olive tree extracts



Without further ado, here are the **top 10 benefits of polyphenol rich olive oil**, and how consuming EVOO every day can have a significantly positive impact on your overall well-being.

1. Lowers Blood Pressure

Unhealthy oils can raise your blood pressure and **cholesterol levels**, which can result in serious illness. EVOO combats this, which ncbi.nlm.nih.gov talks about in an **article** on the potential **health benefits of olive oil** and plant polyphenols.

According to the source, both conventional and alternative medicine utilizes the power of olive oil and leaf extracts to treat health issues relating to blood pressure, like arterial hypertension and **atherosclerosis**.

According to the same source, olive oil and olive leaf extract have been shown to **lower blood pressure** in studies on animals, while promoting more blood flow to the coronary arteries. All of this while slowing down heart rate and regulating muscle contractions in the intestines.

Speaking of the heart, **recent research** shows that the polyphenols found in EVOO are significantly beneficial to cardiovascular health.

One study looked at the oil's anti-inflammatory and antioxidant effects in healthy adults, and the **results** showed that subjects experienced lower levels of inflammation following dedicated EVOO consumption – along with impressive antioxidizing effects.

But what compounds do we have to thank for this remarkable cardiovascular protective action?

Experts have spent decades studying the subject, and it turns out, some of the most powerful phenolic compounds go by the names of **oleuropein and tyrosyl** accordingly.

These potent polyphenols have been shown to support a long list of **biological** activities, including antioxidizing action.

Research shows that this can prevent certain cardiovascular risk factors, including hypertension, plasma lipid disorders, endothelial dysfunction, obesity, type 2 diabetes, and atherosclerosis.

More and more medical professionals worldwide are hailing EVOO and the mounting evidence showcasing its power to deliver impressive health-protective action – starting with the heart.

The polyphenols found in EVOO have been shown to optimize circulating cholesterol as well as triglyceride levels, while reducing LDL oxidation. EVOO has also been shown to optimize glucose metabolism.

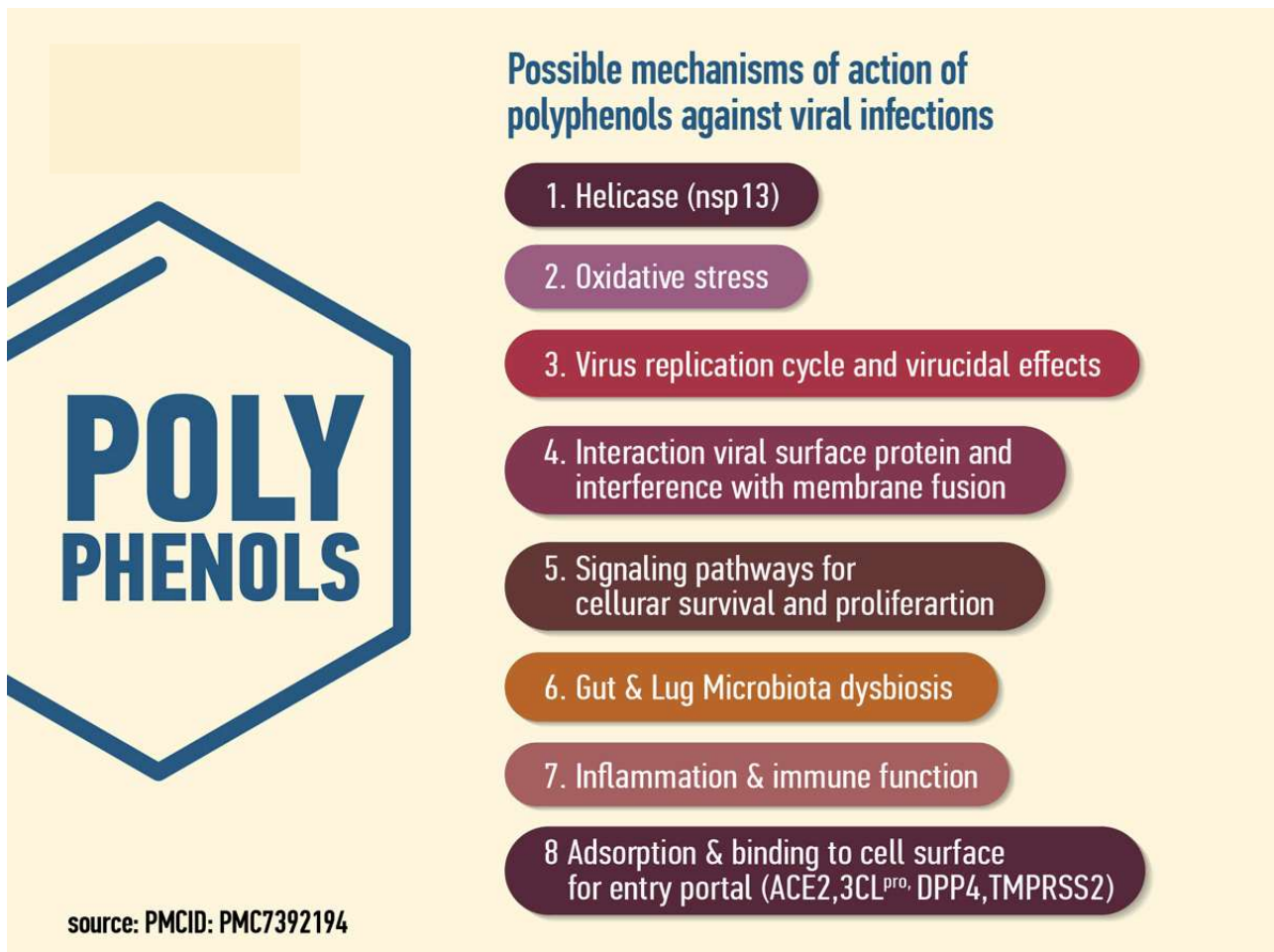
The **secret** lies in EVOO's ability to activate numerous metabolic pathways, which, in turn, can optimize lipid metabolism and glycemic control while lowering blood pressure and endothelial damage.

Long story short, the **benefits of polyphenol rich olive oil** are obvious, and adding extra virgin olive oil to your daily diet is a no-brainer.

2. Boosts the Immune System

Healthy immunity is key to protection against inflammatory disorders and diseases like **cancer**.

You can count on EVOO for an immunity boost, according to an **article** released by ncbi.nlm.nih.gov.



The source speaks of numerous scientific studies which showcase the potential of polyphenols in modulating, regulating, and **strengthening the human immune system**.

We won't get too deep into the confusing science of it all, but know this – polyphenols affect the spread of white blood cells and cytokines, among various other factors that **strengthen immune defense**.

3. Goodbye, Allergies

Enough sneezing, coughing, and spluttering.

EVOO's phenolic compounds **fight allergies** so you can enjoy lasting relief. ncbi.nlm.nih.gov's article speaks of polyphenol's tough anti-allergenic power.

Another **article** release by NIH explores polyphenol's influence on allergic immune reactions in more detail.

According to the source, dietary polyphenols – like the ones found in Extra Virgin Olive Oil – have been found to have a major impact on three common allergic diseases in humans.

These include asthma, food allergies, and eczema. Polyphenols **prevent** the development of allergies, which can significantly reduce symptomatic distress and improve the sufferer's life immensely.

All by **drinking or eating a little EVOO every day** – who knew?

4. Mental Health

Numerous sources speak of the effect of polyphenolic compounds on mental health. According to **Hindawi.com**, these compounds – which are found in EVOO – have been found to prevent the development of neurodegenerative diseases like **Alzheimer's** and **Dementia**.

On a biological level, these polyphenolic compounds work to gradually improve the user's mental well-being by modulating and strengthening **brain plasticity, cognition, mood, and behaviors**. The source further hails polyphenols for their ability to combat and improve the symptoms of **depression**.

Frontiers In Neuroscience also explores the concept of how dietary polyphenols are closely connected to gut microbiota, and how they can alleviate the signature signs of depression on a biological level.

Polyphenols even have the potential to build cognitive resilience to certain **neuropsychiatric** disorders, although more research is needed in this field according to the same source.



5. Balanced Blood Sugar

Did you know that EVOO can actually lower your risk of developing Type 2 Diabetes?

This oil boosts insulin effectiveness to **balance blood sugar**, according to WebMD.

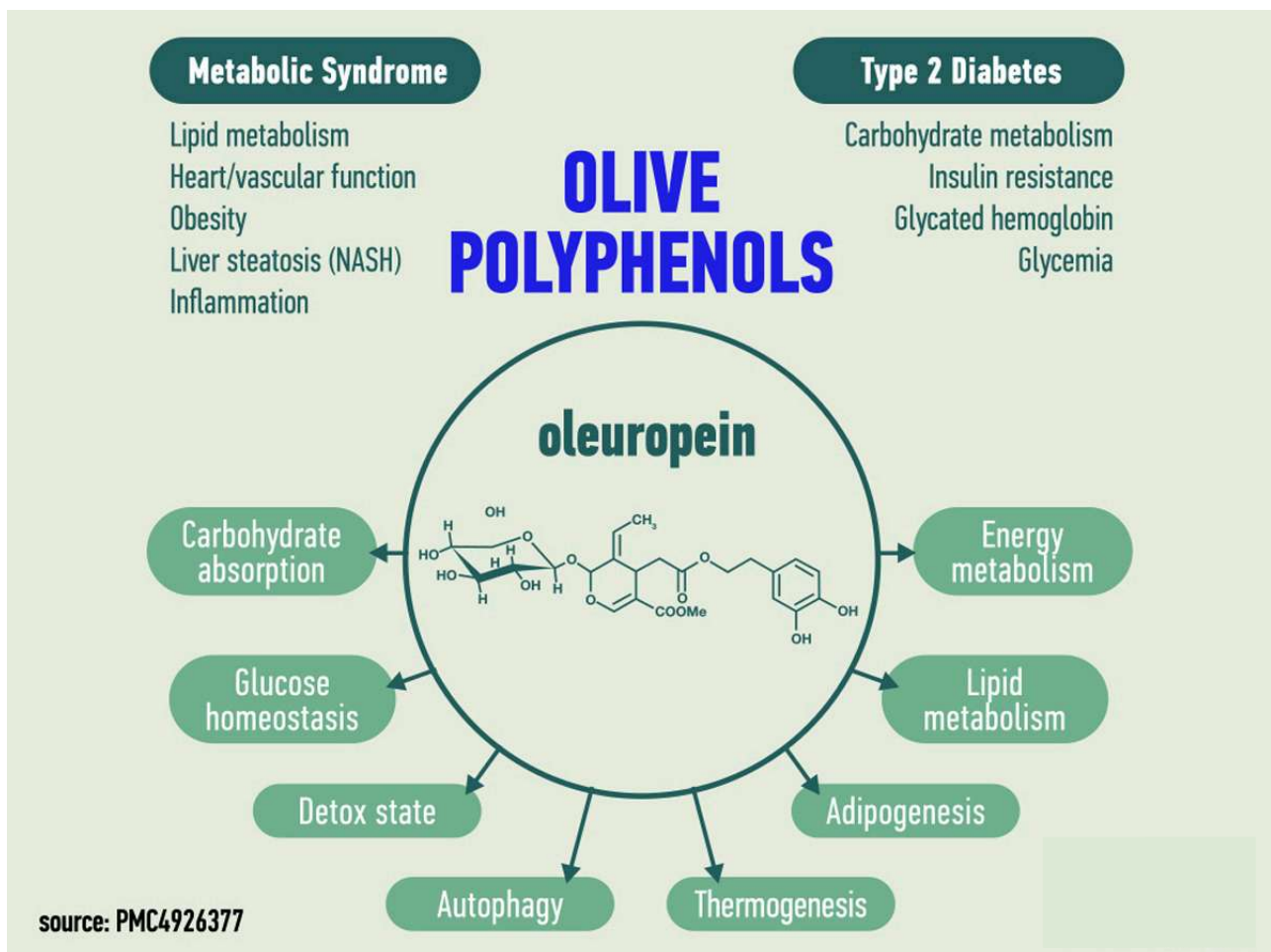
According to an **article** released by the medical journal, the **rich antioxidants** found in polyphenols have been found to potentially improve blood sugar in high-risk individuals who could develop conditions like diabetes and heart disease.

According to the same source, the researchers of a particular study **discovered** that polyphenols work to improve blood sugar by improving the way in which the body actually metabolizes sugar.

In one particular study, 45 overweight – or obese – people followed a diet either low in omega-3 fatty acids, rich in omega-3 fatty acids, rich in polyphenols, or rich in both omega-3 fatty acids and polyphenols.

The results of the study revealed that those on low omega-3 fatty acid diets **lost the most weight** during the 8-week study period, but those on the rich polyphenol diet experienced more significant improvements to their insulin and blood sugar levels.

The same diet also sparked improvements in the functionality of the **pancreas**.



Recent research shows that the phenolic compounds in olive oil have a protective effect on red blood cells, coupled with protein stabilizing action.

But one of the most **interesting developments** is the discovery of EVOO's role in easing the symptoms of metabolic syndrome (MS).

MS is becoming a growing health problem worldwide, affecting around **31%** of the global population as we write this.

Sadly, this number is expected to rise to 50% of all human beings within the next **15 years**.

Thankfully, EVOO – coupled with a diligent Mediterranean diet – could have a positive influence.

While there are many ways in which EVOO can improve MS symptoms, its ability to modify lipidic metabolism is one of them.

6. Healthy Weight

According to **NDTV**, polyphenols are linked to successful weight loss efforts.

Why?

Because these powerful micronutrients – a crucial part of any diet – proactively strengthen the human **digestive system**. This promotes faster **weight loss** and fat burning action that is easy to maintain with ongoing consumption of polyphenols.

According to **NCBI**, polyphenols have been linked to the modulation of the body's molecular and physiological pathways.

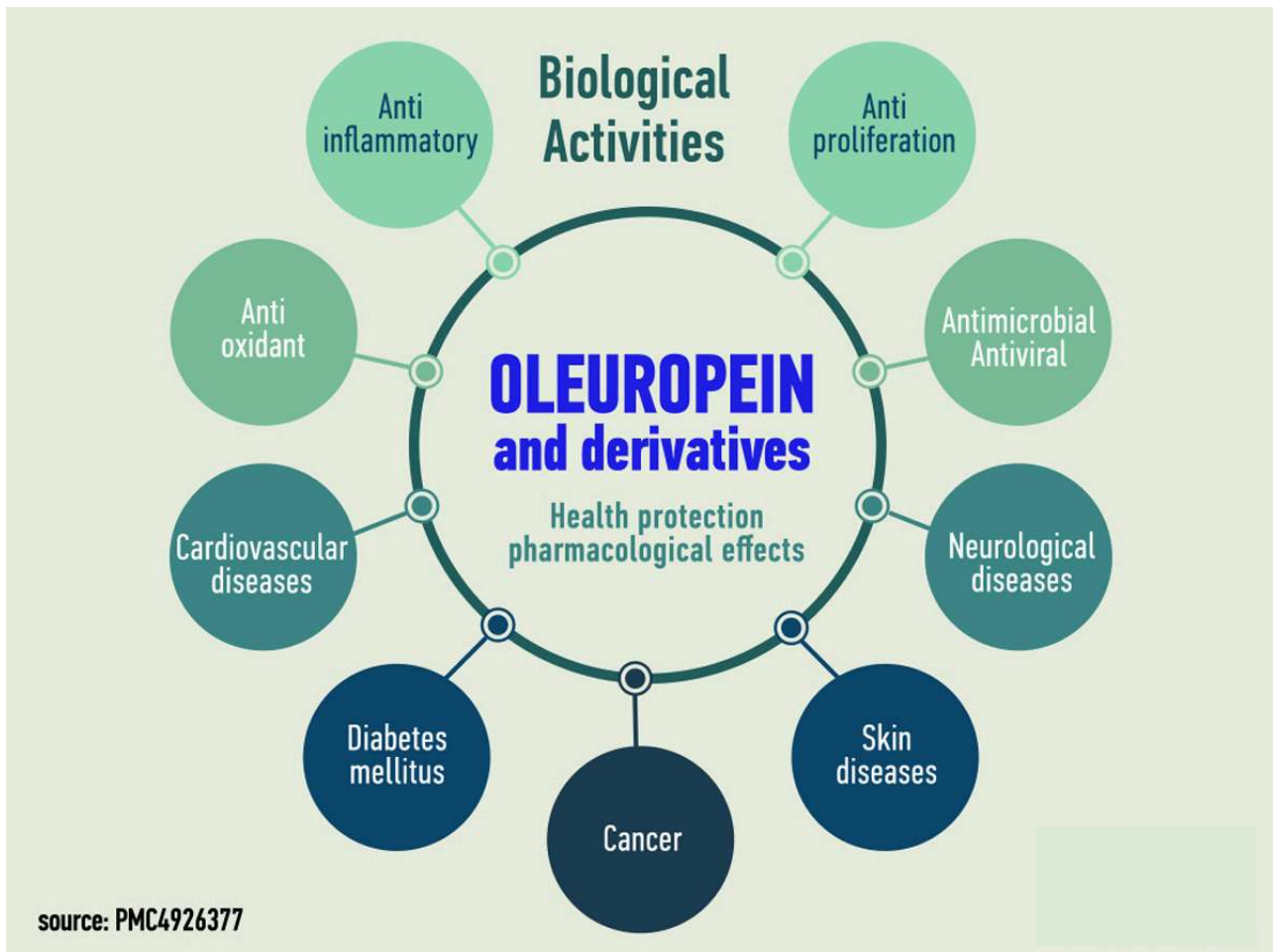
In more simple terms, these pathways are responsible for metabolizing energy and controlling the onset of obesity. And by lowering your chance of gaining weight, you could in turn experience a reduced risk of developing many of the disorders that are commonly associated with obesity, such as diabetes and heart disease.

High concentrations of polyphenols – which are found in EVOO – have a **strong antioxidizing effect** on the body, which may also improve cognitive function and control the mental side of weight problems. According to the same NCBI article, polyphenols further suppress fat absorption from the gut while reducing chronic inflammation.

7. Anti-Bad-Things

Phenolic compounds have been proven to offer various “anti” effects.

According to **NCBI**, the benefits of polyphenols reach far beyond anything any of us could have imagined – from antioxidant to anti-allergic, anti-inflammatory, anti-thrombotic (reduces blood clots), anti-atherogenic (**removes cholesterol** from cells), and anti-mutagenic action.



These diverse beneficial impacts have been studied and evaluated in a multitude of scientific research studies. Polyphenols have been shown to **significantly impact** various biological activities in the body, like modulating the immune system (which we spoke about earlier).

In fact, **NCBI** speaks of polyphenol’s ability to function as efficient anti-cancer agents – which are easy to incorporate into your diet through EVOO. The same NCBI article talks about much higher how Virgin Olive Oils are in phenolic compounds than regular refined olive oils.

These phenolic compounds are what give EVOO its trademark bitter taste.

Growing evidence on this topic is becoming impossible to ignore, and medical communities worldwide are urging people to follow a Mediterranean diet as far as possible – particularly for its undeniable anti-inflammatory properties.

Polyphenolic compounds hold natural anti-inflammatory power, which is changing lives worldwide – and rheumatoid arthritis patients are among them.

EVOO's anti-inflammatory properties have been **shown to protect the joints** to ease pain.

It's no secret that free radicals can cause severe cell damage, which has been linked to numerous diseases the likes of diabetes, cancer, and arthritis.

Antioxidants hold the power to combat this oxidative stress, and EVOO is filled with antioxidant molecules that can modulate oxidative pathways.

Another “anti” superpower to add to EVOO's repertoire is its anticoagulant action, meaning it may help to prevent blood clots.

Recent research shows that the phenolic compounds found within EVOO can trigger anticoagulant activities within the body.

Anticoagulant action like this could play a key role in thrombotic disorder prevention and treatment.

8. No More Inflammation

Inflammation can be painful, but EVOO can help with that - with its antioxidants that reduce swelling all over the body.

It's not necessarily the olive oil itself, but what's inside it, which is – once again – polyphenols.

When it comes to inflammation, polyphenols are incredibly powerful. Once they're inside the body, they have been shown to regulate cellular activities within inflammatory cells, according to **NCBI**.

One of the most powerful polyphenols found in EVOO is **Oleocanthal**, which works in a similar way to ibuprofen – one of the most commonly prescribed drugs for inflammation in the world.

According to **Healthline**, chronic inflammation is considered a **leading cause of diseases** like metabolic syndrome, Alzheimer's, arthritis, heart disease, cancer, and obesity. By consuming a little EVOO each day – making sure it's high-phenolic olive oil – you can enjoy the powerful anti-inflammatory impact of polyphenols.

According to scientists, 3.4 tablespoons, or 50ml, of Oleocanthal showcases a similar effect as 10% of Ibuprofen's adult dosage. Further research shows that olive oil's main fatty acid, **oleic acid**, holds the power to **reduce** the levels of certain crucial inflammatory markers found in the body, like **C-reactive protein**.

9. Better Digestion

EVOO contains something called "Sitosterol," which **regulates cholesterol** absorption.

In simple English, your digestion tract will be healthier than ever – and **research** proves it.

According to **Healthline**, we can boost our digestion through regular consumption of polyphenols.

NCBI also hails polyphenols for their **positive impact** on the digestive tract, along with the liver.

Medical News Today talks about how the fats in high-phenolic olive oil may smoothen the inside of your bowel, which makes it much easier for stools to pass through. This also boosts water retention in stools, which has been found to ease the pain of constipation.

Experts suggest consuming a tablespoon of high-phenolic olive oil every morning, on an empty stomach, to **relieve constipation**. This is a tried and trusted wellness secret used by many healthy adults. Although, it's important not to consume more than this to avoid cramps and diarrhea.

10. Overall Health Protection

The truth is **olive oil has been used for hair, skin**, and nails since ancient times. Naturally, olive oil is packed with valuable anti-aging antioxidants and hydrating factors, making it ideal for body use.

Honestly, there are so many benefits to consuming high-phenolic extra virgin olive oil, we'd be here all day if we were to list them all. The fact that it's so delicious is a bonus!

Bonus – Improves Athletic Performance Naturally

Extra Virgin Olive Oil has been used by athletes for centuries to improve their performance naturally.

Even today, thousands of athletes all over the world use **EVOO's polyphenols to enhance their performance**. Polyphenols work by reducing oxidative damage and cholesterol levels, strengthening the **heart**, building stronger bones, and increasing energy levels.

This makes Extra Virgin Olive Oil the perfect choice for athletes looking to improve their performance naturally.

IN SUMMARY

- › Boosts the immune system
- › Fights allergies
- › May improve mental health
- › Balances blood sugar
- › Promotes a healthy weight
- › Combats inflammation
- › Aids better digestion
- › Delivers overall health protection

