



**ultra pure olive oil studies show significant benefits to help with breast cancer, osteoporosis, depression, skin cancer, Alzheimer's to name a few...**

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# Health Benefits

It's the sad truth, but much of the olive oil you see on store shelves is substandard, no matter how much more you're willing to pay. Olivezia carries only the highest quality – Ultra Pure Olive Oils & Vinegar

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Research reveals more benefits nearly every day. In fact, we are only just beginning to understand the countless ways olive oil can improve our health, and our lives. Olive oil is the cornerstone of the [Mediterranean diet](#) — an essential nutritional mainstay for the world's longest-living cultures.

A diet rich in olive oil may actually be able to slow down the aging of the heart. It is a known fact that as we grow older the heart also goes through a normal aging process. The arteries may not function as well as they did, and this can lead to a number of health problems. However, in a recent study, Spanish researchers discovered that a diet rich in olive oil or other monounsaturated fats could improve the arterial function of elderly individuals.

The phytonutrient in olive oil, oleocanthal, mimics the effect of ibuprofen in reducing inflammation, which can decrease the risk of breast cancer and its recurrence. Squalene and lignans are among the other olive oil components being studied for their possible effects on Cancer A study published in the scientific journal Diabetes Care showed that a Mediterranean style diet rich in olive oil reduced the risk of type II diabetes by almost 50 percent compared to a low-fat diet We now know that a diet rich in monounsaturated fats such as the ones found in olive oil, nuts and seeds actually protects from many of these chronic diseases.

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