



The Secret of Olive oil Miracle

Health Benefits of Olive Oil

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Introduction

قال تعالى : «**زيتونة** لا شرقية ولا غربية يكاد **زيتها** يضيء. » 

قال صلى الله عليه وسلم : «**كلوا الزيت** وادهنوا به فإنه من **شجرة مباركة**. » 

قال الرومانيون : «**زيت الزيتون** هو إكسير الصحة والشباب . » 

مثل شعبي عربي : «**كول زيت** وانطح الحيط . » 



Introduction ... cont'd



Research reveals a lot of benefits every days .



We are only just beginning to understand the

The secret after



our health

**Olive oil
on
improving**



Introduction ... cont'd

Olive oil



key component of



Mediterranean Diet (MedDiet)



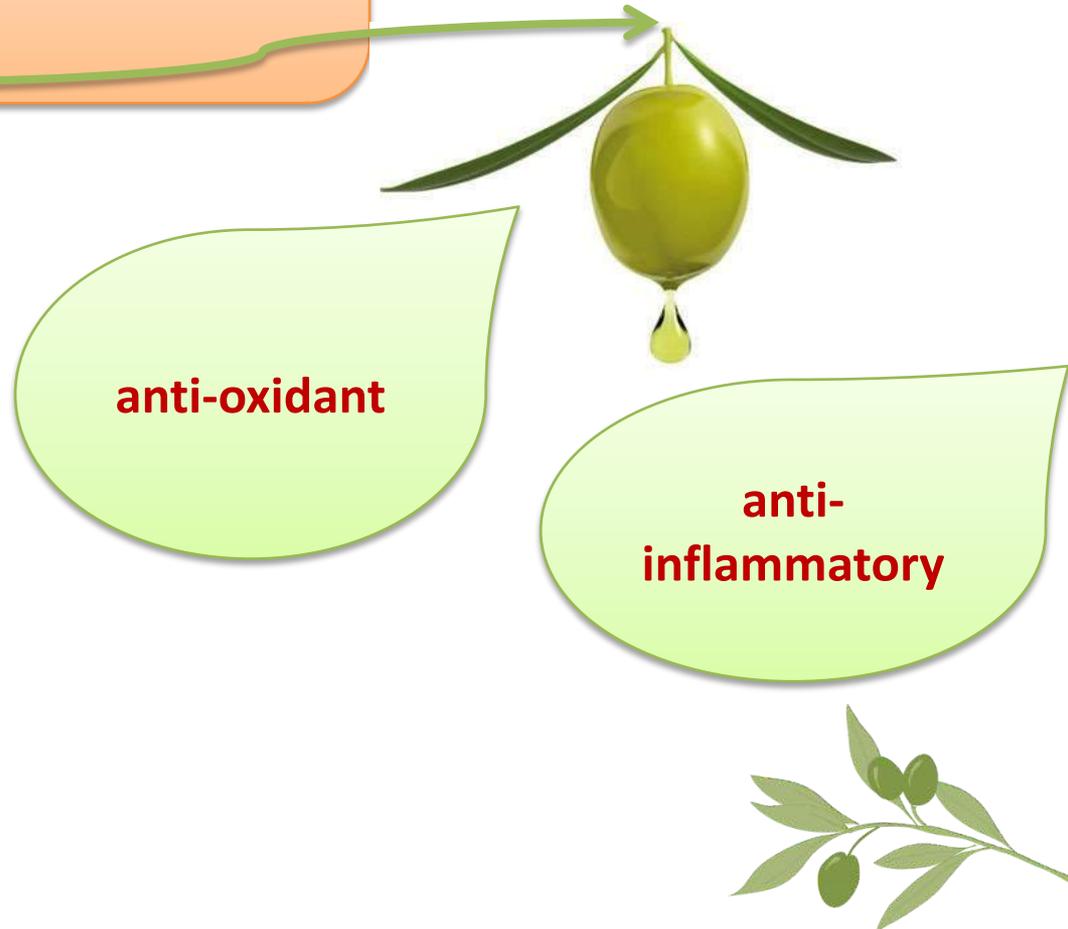
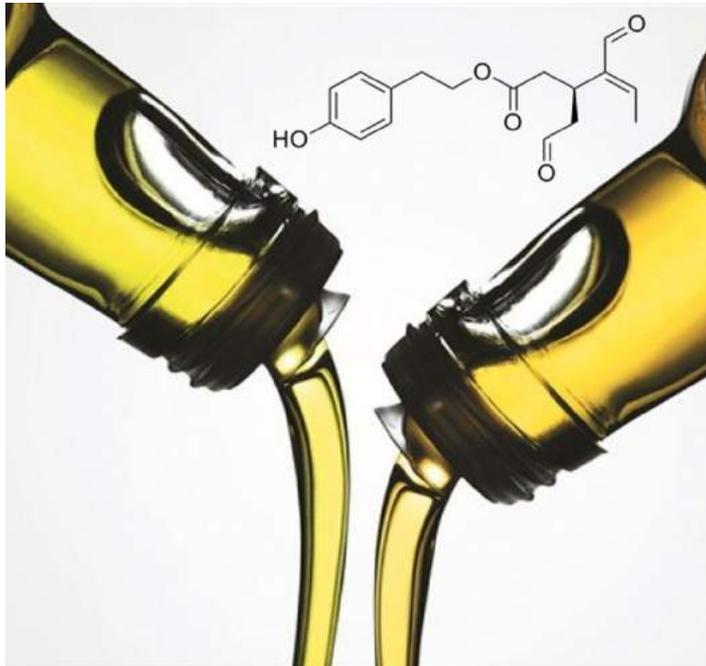
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main source of vegetable fat



The Secret Components of Olive Oil

There are many compounds in **EVOO** that have a 6-carbon ring structure which are known as **PHENOLICS**



The key polyphenols found in olive oil

organized by their chemical category:

- Simple Phenols
 - tyrosol
 - hydroxytyrosol
- Terpenes
 - oleuropein
 - ligstroside
- Flavones
 - apigenin
 - luteolin
- Hydroxycinnamic acids
 - caffeic acid
 - cinnamic acid
 - ferulic acid
 - coumaric acid
- Anthocyanidins
 - ✓ cyanidins
 - ✓ peonidins
- Flavonols
 - ✓ quercetin
 - ✓ kaempferol
- Flavonoid glycosides
 - ✓ rutin
- Lignans
 - ✓ pinoresinol
- Hydroxybenzoic acids
 - ✓ vanillic acid
 - ✓ syringic acid [\(7\)](#)



Health Benefits of Olive Oil

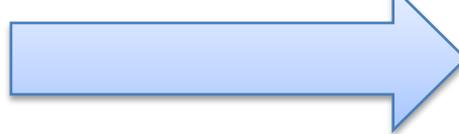


1. Anti-Inflammatory effect

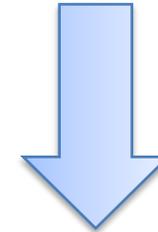
Inflammation

is the body's natural protective response to illness, stress and infection

Long time in stress



progressive
oxidation stress



Many diseases

diabetes

Parkinson's and
Alzheimer's disease

obesity

metabolic
syndrome

cancer

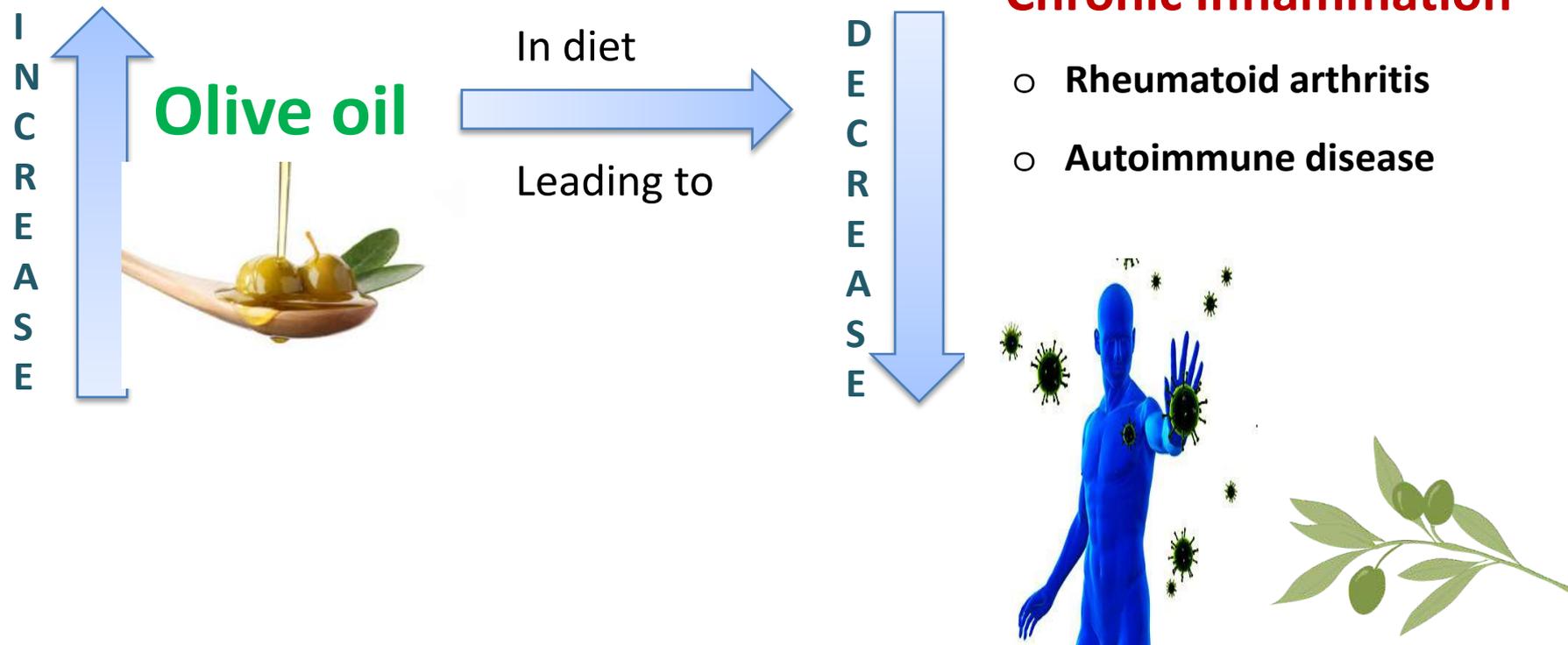
cardiovascular
disease

Arthritis



Anti-Inflammatory effect ... cont'd

- The MD in general, olives and olive oil in particular have numerous anti-inflammatory properties.



Anti-Inflammatory effect ... cont'd

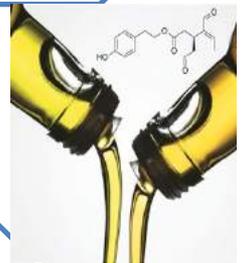
Olive oil decrease inflammation

Because

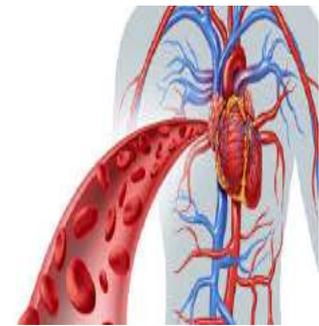
olive oil contain **scyclooxygenase inhibitor (Oleocanthal)** have analgesic properties similar to the NSAIDs drug **ibuprofen**.

Oleocanthal alters the structure of neurotoxic proteins (**Amyloids**) which may offer special protection against **Alzheimer's disease**.

Oleuropein aglycone strongly improves the cognitive performance in **Alzheimer's disease**.



2. Cardiovascular Benefits Olive Oil



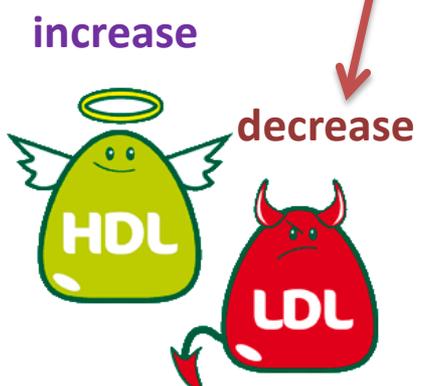
cardiovascular protective effect of olive oil



Keep heart young

slow down the aging of the heart.

MUFA and phenolics could improve the arterial function



improve glucose metabolism



improve antithrombotic profile

Prevent stroke

improve blood pressure

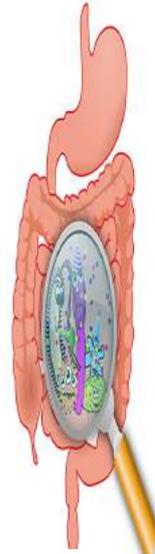


3. Digestive Health Benefits of Olive Oil

digestive health plays a critical role in maintaining general **health** & **preventing chronic disease**.

more than **70%** of the body's immune system is located in the intestines

Olive oil have been used to **treat** several digestive disorders



Researchers estimate that 55-66% of **polyphenols** from **olive oil** primarily in the small intestine

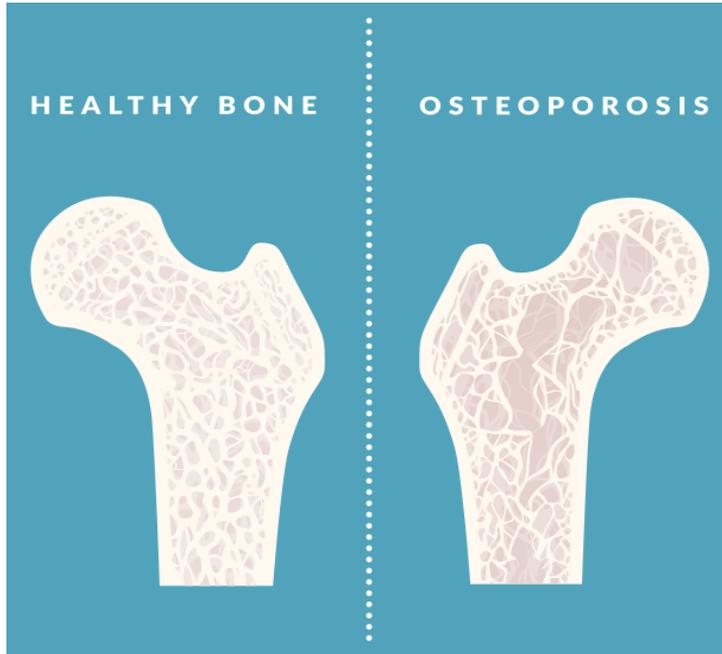
- anti-inflammatory properties
- antimicrobial activities
- positive effects on gut health

Example



Helicobacter pylori is associated with peptic ulcers and gastric cancer.
olive oil compounds to exert significant **antibacterial activity** against several strains of **H. pylori**, including 3 that are resistant against antibiotic medication

4. Bone Health Benefits of Olive Oil



The intake of
olive oil

has been
related to the
prevention of
osteoporosis

Osteoporosis

is a disease characterized by a decrease in bone mass



Fernández-Real JM, Bulló M, Moreno-Navarrete JM, Ricart W, Ros E, Estruch R, et al. A Mediterranean diet enriched with olive oil is associated with higher serum total osteocalcin levels in elderly men at high cardiovascular risk. The Journal of Clinical Endocrinology & Metabolism. 2012;97(10):3792-8.

4. Bone Health Benefits of Olive Oil... cont'd



Consumption of **Olive oil** for 2 years regularly

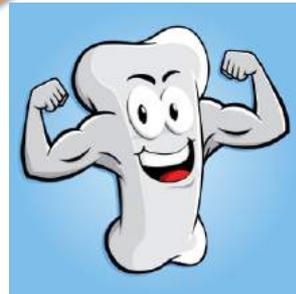
associated with

protective effects on Bone

↑ increased serum **osteocalcin**

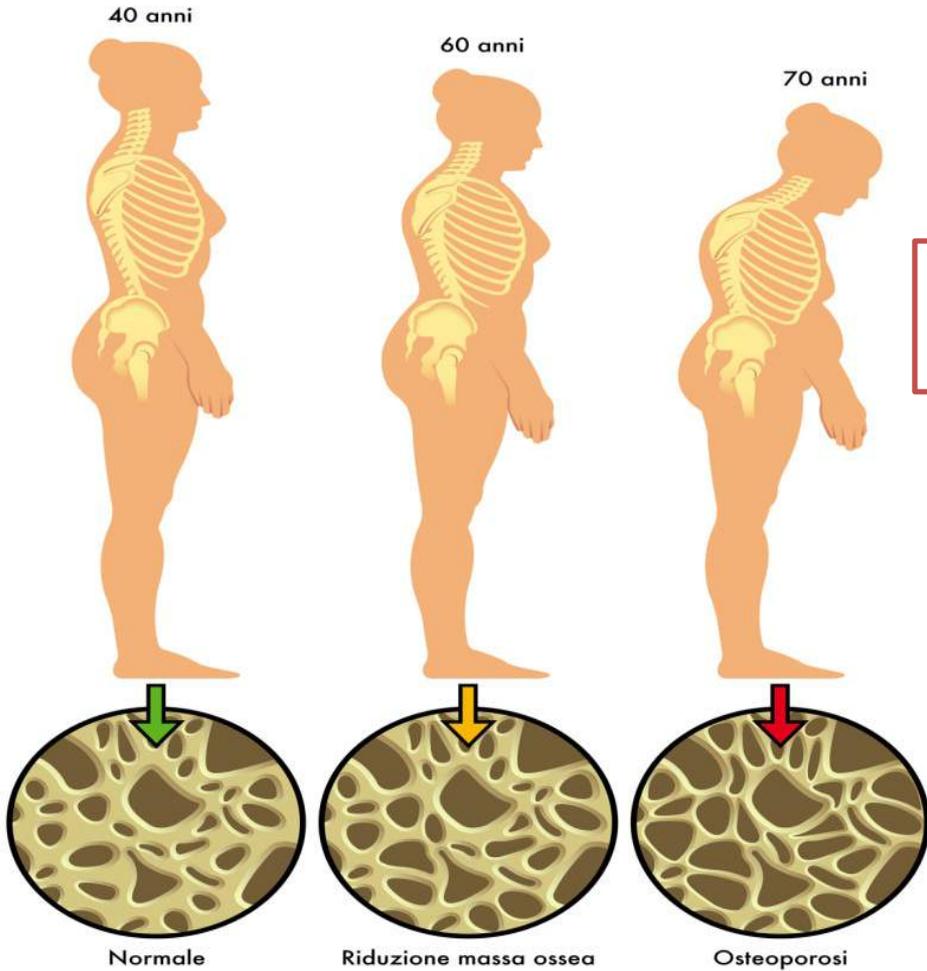
↑ increased **P1NP** concentrations

- **Bone formation**
- **Bone building**
- **Bone mineralization**





4. Bone Health Benefits of Olive Oil... cont'd



Olive Oil may fight against **postmenopausal osteoporosis**,

Olive oil **will not** be the only solution

Diet can maintaining **healthy bones**

Med Diet

it is important to eat foods rich in **calcium** and **Vitamin D**

- as well as those containing **minerals including:**
phosphorus, magnesium, zinc, boron, iron, fluoride, and copper.

.Kitchin B, Morgan SL. Not just calcium and vitamin D: other nutritional considerations in osteoporosis. Current rheumatology reports. 2007;9(1):85-92.

5. Blood glucose in type2 diabetic patients

diet rich in monounsaturated fats
such as the ones found in **Olive oil**
actually protects from many of
chronic diseases like **type 2 diabetes**

Olive oil had positive
effects in type 2
diabetes

improving **blood sugar** levels

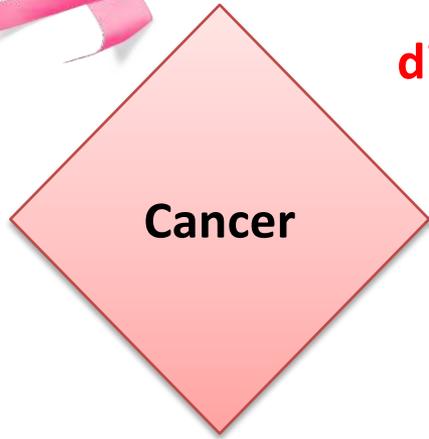
Increasing **insulin** sensitivity

improving **blood lipid** levels

.Al Jamal AR, Ibrahim A. Effects of olive oil on lipid profiles and blood glucose in type2 diabetic patients. Int J Diabetes Metab. 2011;19:19-22.



6. Anti-Cancer Benefits of Olive Oil



disease is a result of



degeneration of the own body when it is exposed to potential **tumorigenic substances**

tobacco

pollution

alcohol

unhealthy diet

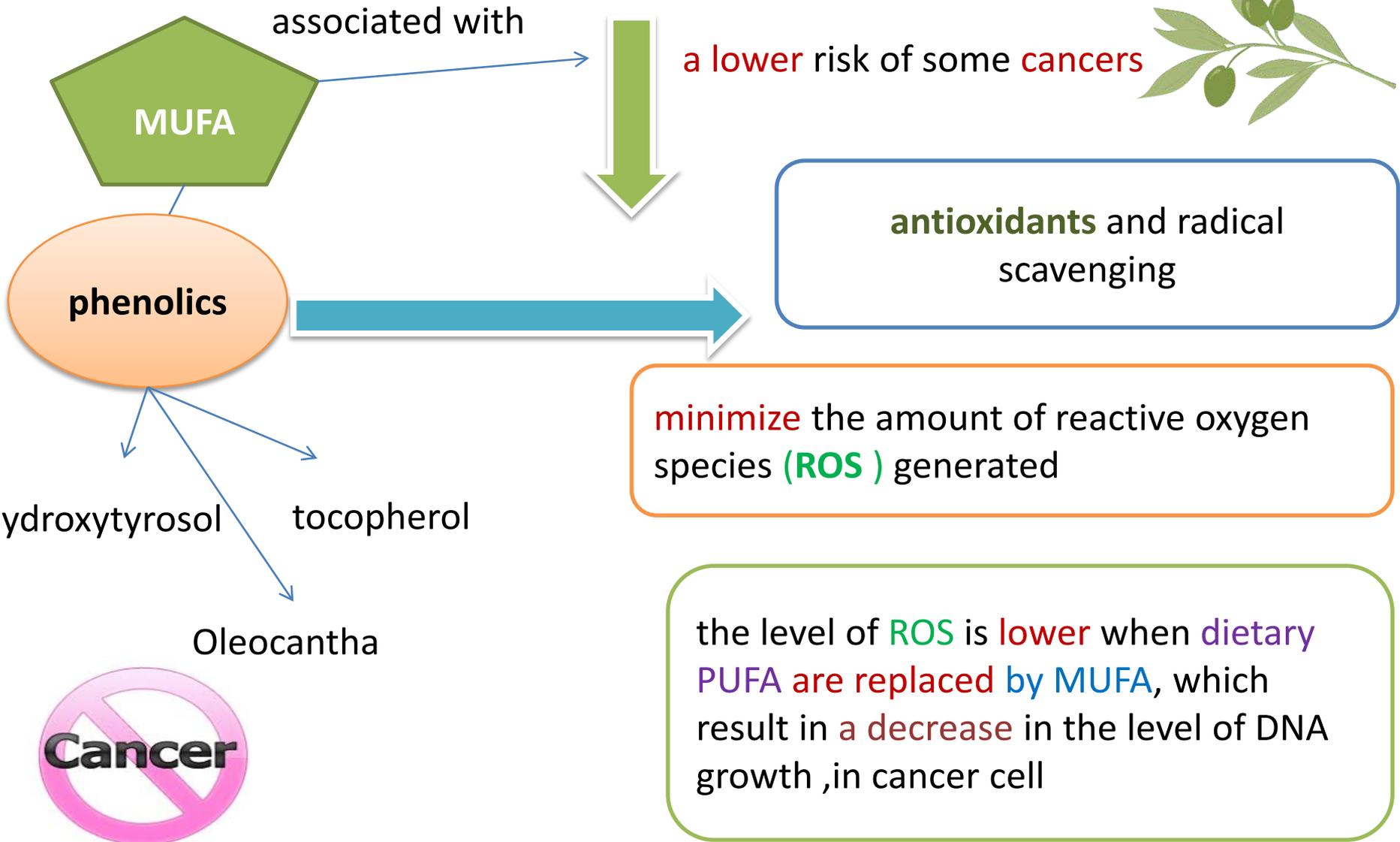
lack of physical activity

*.Ames BN, Gold LS, Willett WC. The causes and prevention of cancer. Proceedings of the National Academy of Sciences. 1995;92(12):5258-65.

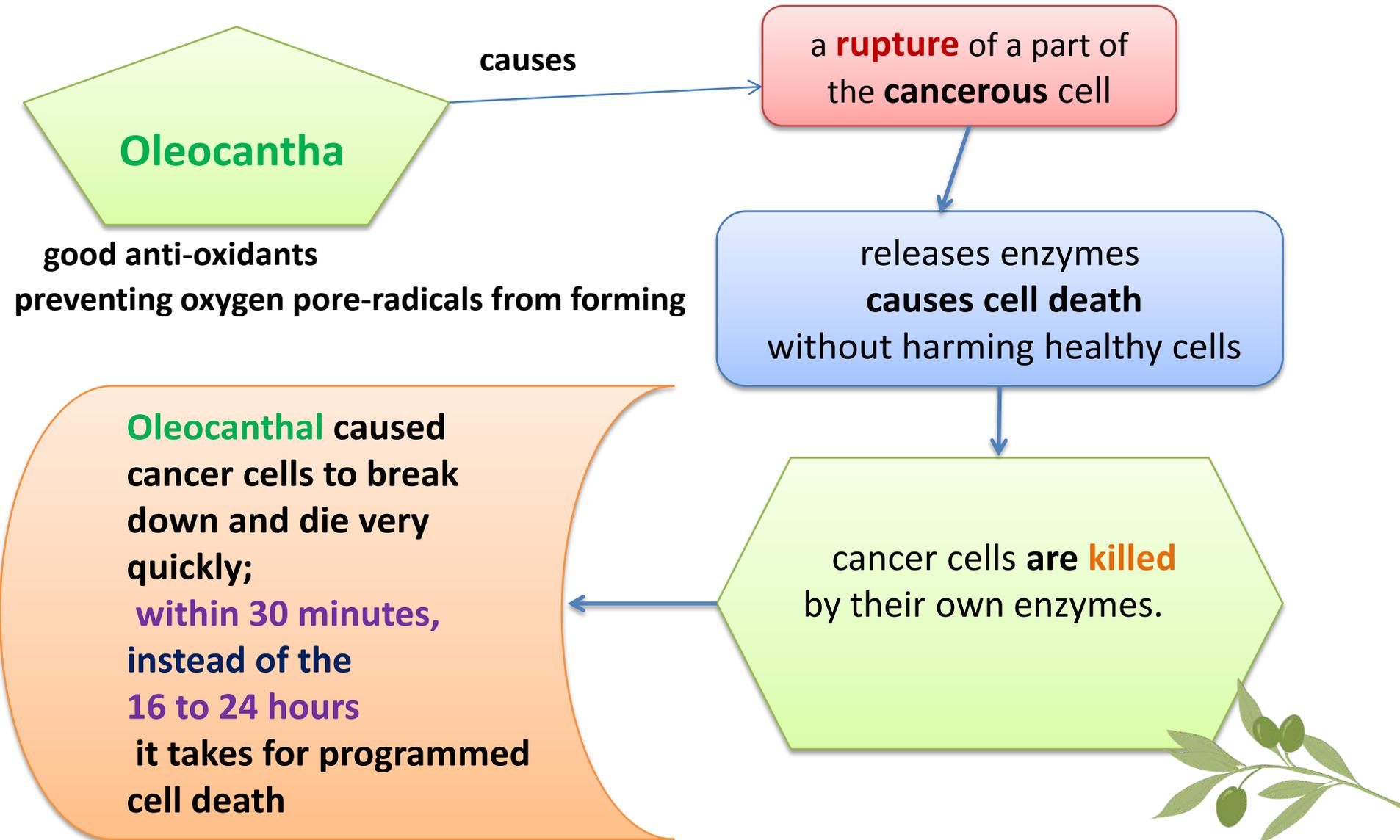
*.Parkin D, Boyd L, Walker L. 16. The fraction of cancer attributable to lifestyle and environmental factors in the UK in 2010. British journal of cancer. 2011;105:S77-S81.



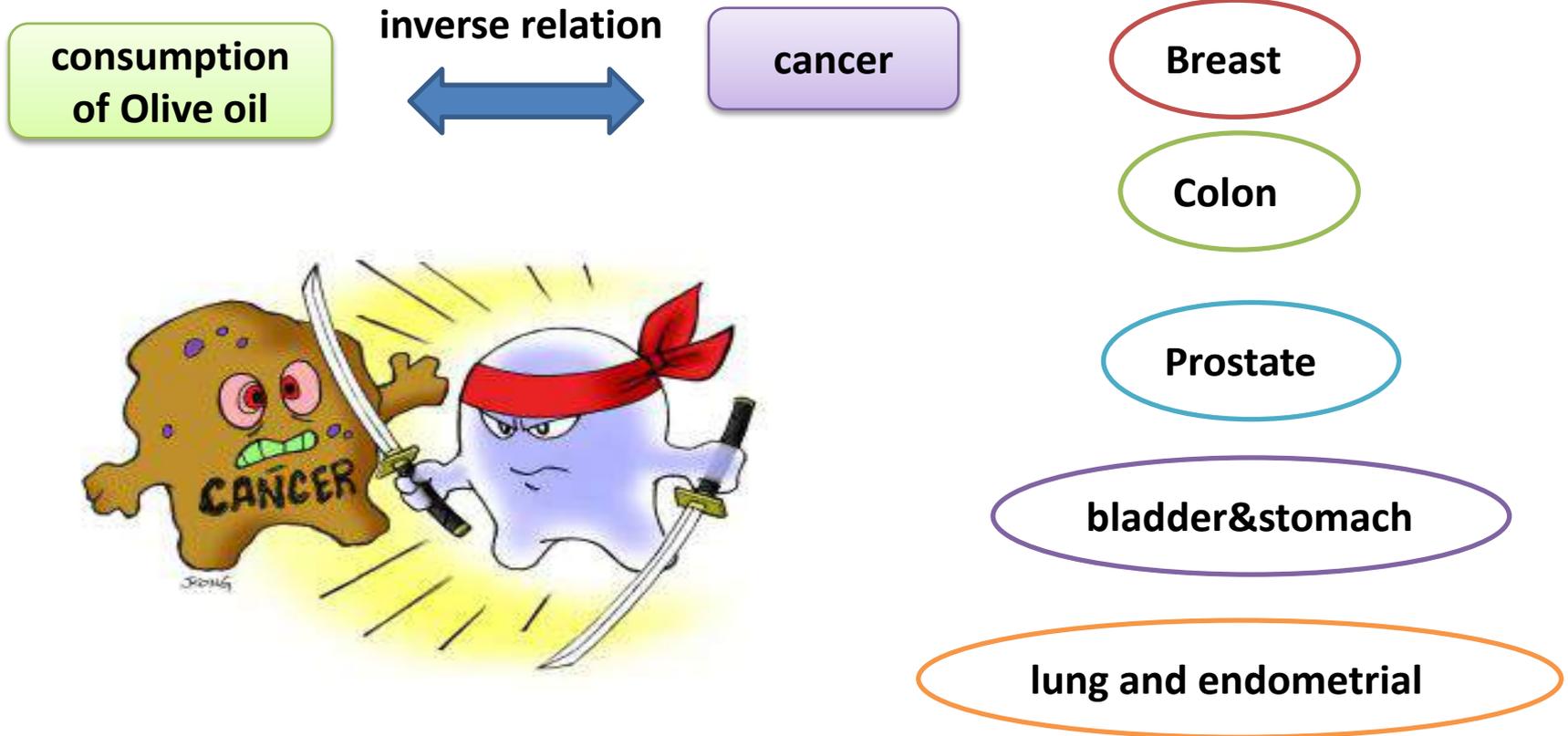
6. Anti-Cancer Benefits of Olive Oil... cont'd



6. Anti-Cancer Benefits of Olive Oil... cont'd



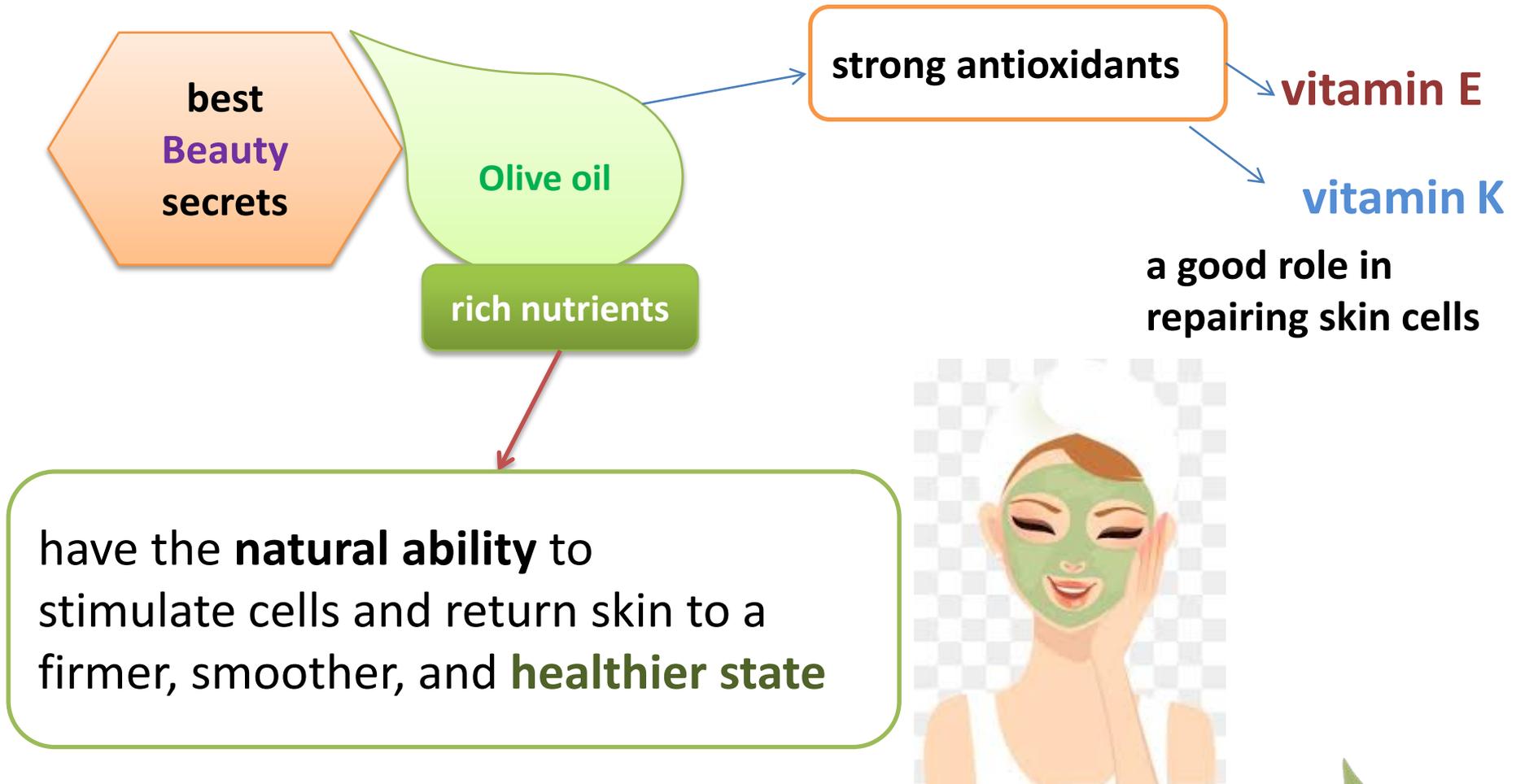
6. Anti-Cancer Benefits of Olive Oil



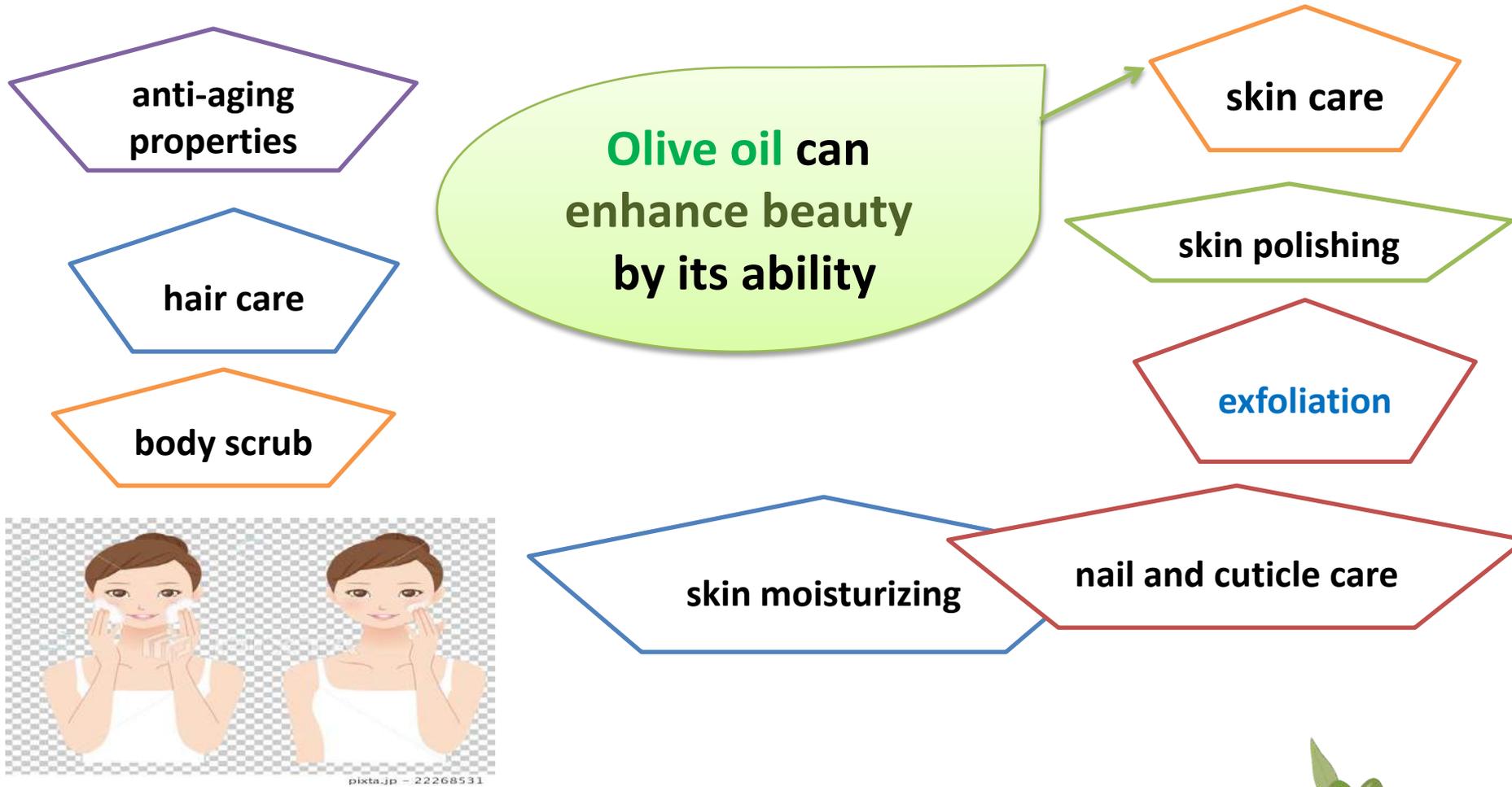
Buiatti E, Palli D, Decarli A, Amadori D, Avellini C, Bianchi S, et al. A case-control study of gastric cancer and diet in Italy. International journal of cancer. 1989;44(4):611-6.



7.Olive oil enhance beauty



7.Olive oil enhance beauty ... cont'd



summary:

Mechanisms by which **Olive oil** can exert its **beneficial effects** are mainly attributed to the:

antioxidant
potential

anti-inflammatory

nutrigenomic effect

Anti-aging

summary ... cont'd



Olive oil provided health :



controlling glucose level among type2diabetics

reducing oxidative stress

decreasing inflammation

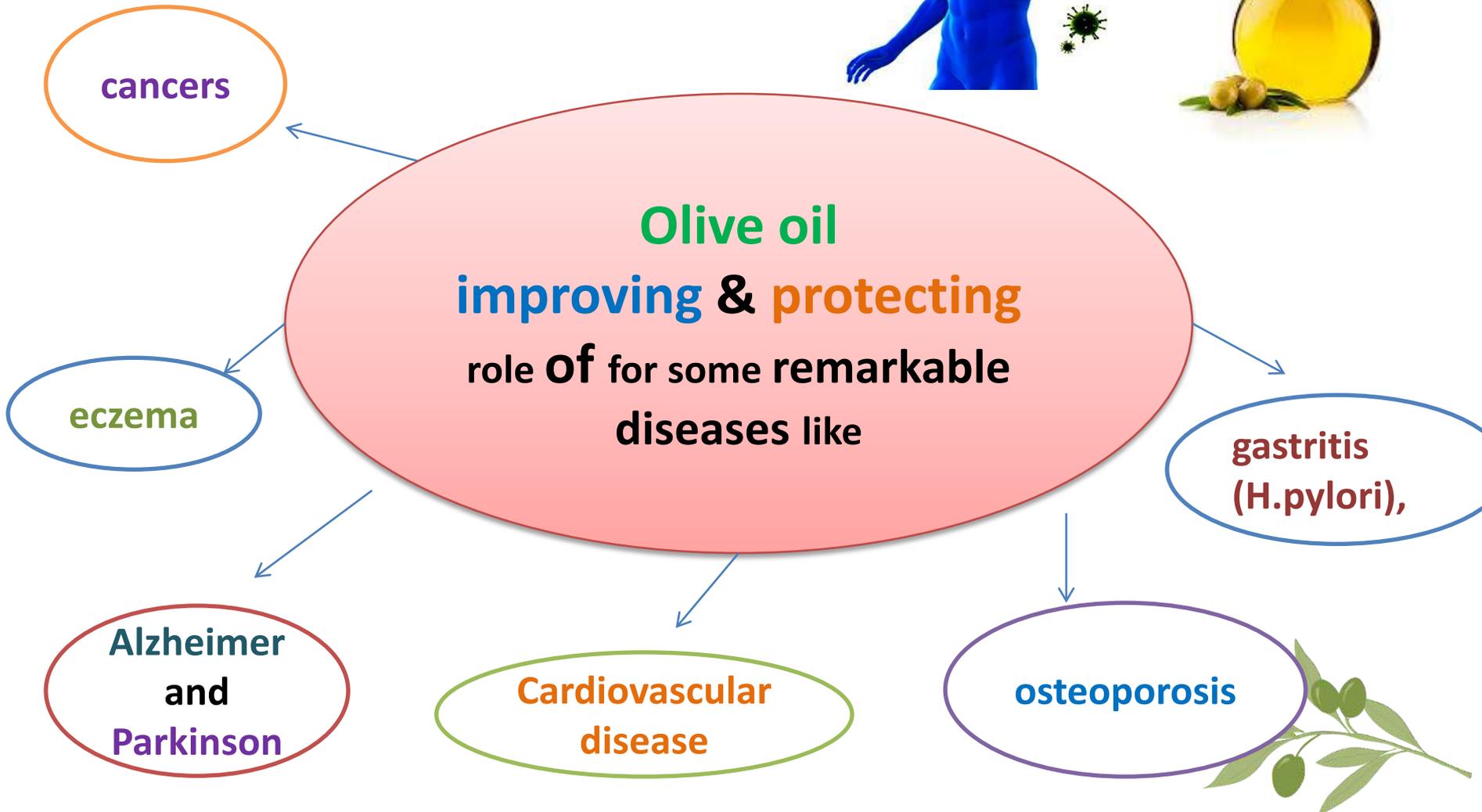
improving vascular endothelial function

decreasing blood pressure.

Increasing HDL-cholesterol

Decreasing LDL – cholestrol

summary ... cont'd



Conclusion...

Olive oil as a **miracle** food for its health benefits when consumed regularly.



Thank you

