

# *Olive oil*



“If you want to grow old,  
drink olive oil like an owl.”

(Popular Saying)

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# The Unity

<b>Title</b>	<b>OLIVE OIL</b>
<b>Area</b>	Knowledge of attributes and healthy features of Olive Oil
<b>Main Target Audience</b>	<p>The end users of the module are ...</p> <ul style="list-style-type: none"> <li>➤ Students of the participant institutions</li> <li>➤ Trainers in the partner' institutions</li> <li>➤ Consumers' associations</li> <li>➤ Adult training centers</li> <li>➤ Teachers of primary and secondary education that teach lessons related to environmental awareness and nutrition</li> </ul>
<b>Description of the module and general aims</b>	<p>This module allows the participant to understand ...</p> <p>Wine and Health throughout history</p> <p>Olive Oil composition</p> <p>Key Health benefits of Olive Oil</p> <p>Short description and list of diseases Olive Oil can cure.</p> <p>Olive Oil contraindications</p> <p>Folk remedies made with Olive Oil.</p>
<b>Learning Time and Duration</b>	<p>Learning time and maximum duration for the training related to the module:</p> <p>The maximum duration of training is 24 hours, distributed as follows - 8 hours of theoretical training; 8 hours for visits (farms, processors, labs, and markets, etc) and 8 hours of practical work.</p>
<b>Learning Objectives</b>	<p>Specific learning goals, i.e. what is going to be trained and will be learnt by the target after a successful completion of this module.</p> <p>Once you have completed this course you will be able to:</p> <p>Make your own remedies with Olive Oil.</p> <p>How to cure cholesterol, against cancer, prevention of diabetes, rheumatism, burns, skin care, etc</p> <p>what benefits there are for health consuming Olive Oil.</p> <p>how to prepare foods with Olive Oil.</p>
<b>Competences achieved</b>	<p>Specific competences related to the project theme</p> <p>knowledge about values of Olive Oil;</p> <p>how to cultivate organic Olive Oil;</p> <p>how to prepare healthy foods with Olive Oil.</p>
<b>Pedagogical methods used (selfstudy, group work, distance learning, etc.)</b>	<p>Type of activities considered useful for the training of this module:</p> <ul style="list-style-type: none"> <li>• Theoretical learning: <ul style="list-style-type: none"> <li>- face to face;</li> <li>- online learning.</li> </ul> </li> <li>• Practical learning: <ul style="list-style-type: none"> <li>- case study /field survey/;</li> <li>- workshop;</li> <li>- self study.</li> <li>- Olive Oil tasting parties.</li> </ul> </li> </ul>

## 1. Abstract

Olive oil is one of the natural products from the Mediterranean diet most consumed for its healing properties. In fact, it has sold only in pharmacies in the UK, China, etc; when it was not so abundant and transport not as easy as it is today.

This product also has a long treatise on the effects on human health throughout history. This section describes the content of each of its major components. The composition and its nutritional values are considered.

The chapter explains the main benefits of olive oil for health. And like all good things, may have contraindications and should not be taken by everyone. Cases are explained when its consumption is not recommended.

A chapter is also devoted to home remedies based on olive oil. These recipes contain centuries of experience and the contribution of people's wisdom. Finally we have the relevant references to each study, the bibliography; plus other references with the list of Internet web and its therapeutic qualities.

**KEYWORDS:** olive oil; Mediterranean diet; cosmetics; preventing diseases; antioxidant; burns.

## 2. Introduction

The olive tree has fed the body, soul and mind of man for thousands of years. There are many stories and myths about the olive tree and its fruit. Olive oil has been more than just a food for the peoples of the Mediterranean: it has been medicine, magic and an unlimited source of both fascination and amazement as wealth and power. A feature of their food, olive oil has been used as a medicine, and has been used in cosmetics and religious ceremonies. Even the Egyptians used to facilitate moving the giant stone blocks to build the pyramids. (TDC-OLIVE 2004).

The olive tree and olives are part of the Mediterranean culture, are well entrenched in the consciousness of the population and is widely used every day. Despite the passage of centuries, that fascination still remains about olive oil. The tradition of olive growing in Mediterranean countries and the Middle East dates back to earlier times of Christianity, having been even starred in previous beliefs and myths (Puerta, C.).

Olive cultivation is tradition and custom, so reading the book of Columella, (born in Cadiz south of Spain, during the first century), it is surprising that their advices and descriptions are aligned with the current crop in the traditional olive areas less evolved.

Around the year 1040 (B.C.) olive reach Spain by the Phoenicians, but were the Romans who spread their culture from Tarifa to Gredos in Spain, and enhance their value: "prima olea arborum est" said Columela (year 60 dc). If the fig tree is the truth, the olive tree is the tree of life and peace.

For Unamuno, oil divides Europe in two. "The line passes through the Loire; in the south of the border live small land dark men who cook with olive oil, and are gods. People living in the north of this line, have golden hair, cook with butter, and are Eskimos. "



The designation "olive oil" includes oils from the fruits of olive trees "Olea Europea". No oils obtained by solvent or by mixing other oils are allowed. Olive oil is extracted from the olives, by subjecting them to pressure. Oil and vegetable water, containing water soluble and some oil: two layers are separated. The residue formed by the solids residues is also olives. The oil is extracted mostly pulp (fleshy part) of the olives. Bone oil, which contains about 28% amount, of which a small part (less than 1%) is located in the bone itself and the rest in the almond contained therein..

All ancient Mediterranean peoples claim, each to their gods, the discovery and use of olive tree. Has connotations that express the best symbols: peace, fertility, strength, victory, glory and even purifying and sacred. We will mention some legends taken from the book of Toussaint-Samat Maguelonne, "Natural and Moral History of Food", about the history of oil between the different peoples and their importance within religions.

For the Egyptians six thousand years ago, corresponds to Isis, "supreme goddess" and wife of Osiris, the merit of having taught their cultivation and use.

The Greeks loudly claim that honor for Palas Athena. A legend says that in the mountains behind the Erechtheum, Athena grew an olive tree "capable of providing flame to light at

night and heal the wounds and to generate a lovely food, rich in flavor and energy supplier." The gods judged the tree, symbol of peace, was more useful to humanity than the horse picture of the war, created by Poseidon. They granted the sovereignty goddess of the region and the city founded by Cecrops and his father. Since then that city is named Athens.

It was characteristic of the divine offspring be born under an olive tree: Romulus and Remus, as descendants of gods were born under one. And, according to the Romans, Hercules would have been asked to spread the olive tree in the Mediterranean in his tour of the twelve labors.



In the Genesis, the dove that Noah released at the end of the flood returned to the ark with an olive branch in its beak, as testimony to the appeasement of divine wrath.

In the Garden of Olives, Jesus will pray and cry during His passion "Father, father, why have you forsaken me?". His cross will be made by olive tree wood.

The Bible tells us in the Judges Book that one day the trees decided to choose a king. Naturally, they went to the ancient olive tree, carrier experience and wisdom, and said, 'Reign over us. "The olive tree said to them, "Can I give up from my oil which assures me the honor of God and man to reign over the trees?"

Not only Moses indicates, following the advice of the Eternal Father, oblations should be made with pastry "flower flour", baked with olive oil (Exodus, Leviticus 29 and 2), but, during the Exodus, had learned from Yavéh the LORD to do them with olive oil, "mixed with the best aromatic herbs", an oil for the holy anointing, for the furniture of the sanctuary and to Aaron and his sons: "the hallow to make them serve me as priests."



From that oil which anointed priests and kings of Israel giving them authority, power and glory in the name of God and the Holy Spirit, comes the name of Jesus: Messie in Hebrew; and in Greek: Christosen, both words mean anointed (from chrism, oil sacrum). Christ, the anointed of the Lord. So early Christianity looked baptisms with anointing oil (Tertullian, Treatise of Baptism, 7).

The Greeks, who entrusted the care and handling of olive oil only to virgins or pure men, and poured oil on the face of anybody dead. Eleusinian Rites of Eastern origin made this gesture a symbol of light and purity, very useful for the infernal dark abodes.

This tradition is also found in the early Christians. Although coming from afar, testified true sustainability. The pseudo-Denis explains anointing making this a rite of passage to eternal peace: the oil of baptism began in the daily struggle (against the spirit of evil). For some alchemists, olive oil is one of the elements of the philosopher's stone, along with wine and wheat. It is a link, but also a protector.

In North Africa oil gets on the plow before opening the first furrow, offering to the Invisible a solar field and "hot", true rite of rape to be as sweet as possible, for fertilization of motherland.

For the Japanese Shinto, the primordial waters were virgin oil. This is the washing oil for newborns worldwide, before the first diaper is put on them.

It is not surprising that the Christmas holidays, heirs to the solemnities of the solstice, the traditional sweets of Provence to be mixed with olive oil as the Hebrew oblations: "The time it turns cold and the sea that breaks / All tells me that winter has come for me / and forthwith have to cherish my olives / and offering virgin oil to the altar of the good God! "(Fredéric Mistral).

## Section I

### 3. Core contents

#### 3.1. Olive oil and health throughout history:

Olive oil has been used for 6,000 years to the cultures of the Mediterranean peoples for all anoint kings, children and the sick; lighting palaces, homes and cities; food preservation; heal cracks and burns; beautify women such as Cleopatra; care for athletes and gladiators, etc. (L. Guerrero, S., 2004).

As we shall see later olive oil is rich in monounsaturated fatty acids and also contains valuable antioxidants. In 1950 KEYS & GRANDE found that olive oil is a healthy and nutritious product.

At one time the olives were also considered medicinal, for "strengthened the stomach and moved appetite, undoing the viscosities of the stomach and bowel movement doing." The oil is used since ancient times as a medicine in itself and as a vehicle for other drugs or as an essential element of ointments, liniments and other products such as perfumes. This is due, among other reasons, to its resistance to rancidity and its ability to dissolve other substances. Thus olive oil was used to produce the famous former injection of "camphorated oil". It poured with oil products that now seem as surprising as the "oil with lime water" which was used to treat burns, or the "oil with red wine" that was used as a healing of wounds of all kinds. The oil was a laxative fasting (still remains such use) and served as antidote after ingestion of toxins and poisons helping to induce vomiting. If its action as a laxative was not enough, it was recommended as an emollient as "enemas" (for example, in the eighteenth century Pharmacopoeia Matritense) together with the decoction of mallow and honey. Ingested in generous doses and mixed with lemon juice, crude oil accounted fasting which eliminated some gallbladder calculus (A. MARTINEZ, JR, et all, 2005).



## 3.2. Composition of olive oil



The term virgin olive oil is a juice from the olives in perfect maturity, from a healthy olive avoiding any treatment or mechanical, physical and especially thermal manipulation that alters the chemical nature of their components (KIRITSAKIS, AK ).

In terms of composition, we could separate three parts:

### a) Part saponifiable or olive oil fat (constitutes 98%)

These fatty acids are essential to health, as the body does not have the capacity for synthesis, are essential fatty acids. Monounsaturated fatty acids are the most abundant, then saturated and polyunsaturated fewer:

- ✓ 63-80% oleic acid (*monounsaturated*)
- ✓ 10-17% palmitic acid (*saturated*)
- ✓ 1.5-5% stearic acid (*saturated*)
- ✓ 0,3-3% palmitoleic acid (*monounsaturated*)
- ✓ 3-14% linoleic acid (*polyunsaturated*)
- ✓ 1.5% linolenic acid (*polyunsaturated*)

### b) Part un-saponifiable.

The un-saponifiable fraction of the form hydrocarbons, sterols and tocopherols such as vitamin E (for every 13 grams of olive oil contains vitamin E mcgr 1.56). In much fewer polyphenols (taste), carotenoids and chlorophyll (color) and other volatile components that give them their smell.

### c) Polyphenols.

Although a much lesser extent, are the polyphenols, including Oleocanthal.

### 3.3. Types of olive oil:

- a) **Extra Virgin Olive Oil:** synonymous with high quality, is one which preserves all its sensory and health properties. It can be considered olive juice no additives or preservatives, should have a lower acidity of 0.8% and present a pleasant and identifiable sensory characteristics.
- b) **Virgin olive oil:** without the word "Extra" is still olive juice with no additives or preservatives but has some sensory defect however minimal. Its acidity must be less than 2%.
- c) **Olive Oil:** it is no longer considered "Virgin" is an inferior oil mixture to be the result of refined oils and virgin oils. Part of this mixture is obtained from refining virgin olive oil with 2% higher acidity so olive oil is olive juice. Yet it is safe to eat and have a degree of acidity not exceeding 1%.
- d) **Pomace Oil:** oil consumption is lower quality fit for consumption. This oil can not be considered as Olive is the result of the mixture of refined pomace oil with virgin olive oil. You must have a degree of acidity not exceeding 1%.



It is always recommended to consume the Extra Virgin Olive Oil because it is healthier, more authentic, more tasty, aromatic and delicate of all olive oils.

### 3.4. The main benefits of olive oil for health:

*“Olive oil removes all evil”*

*(Popular Saying)*

To be sufficiently beneficial, the recommended dose is 40 grams per day, 2 to 3 table spoons.

**a) For the heart.**

✓ "Olive oil lowers lipid levels in patients with cardiovascular disease and other complications such as diabetes or hypertension." Statement of Dr. Ramon Estruch from Universidad Autónoma de Barcelona.

✓ The diet with olive oil reduces inflammation of the arteries. The study called "Prevention with Mediterranean Diet" (PREDIMED), conducted by 16 research teams in 7 regions and coordinated by Dr. Ramon Estruch (University of Barcelona), shows that people who supplemented their diet with olive oil had an 8% decrease in indicators of inflammation of the arteries, being the best analytical results than those who did not eat any fat. "

✓ The intake of antioxidants and fatty acids make the olive oil in an optimal choice for cardiovascular health care, helping to reduce levels of bad cholesterol (LDL) and protected from conditions such as atherosclerosis . That is why the Spanish Heart Foundation (FEC) recommends daily consumption of olive oil in each meal.

✓ Olive oil takes a leading role in the prevention of atherosclerosis and as a blood pressure controller. "This natural olive juice, considered the golden liquid of our diet provides us with a high nutritional value necessary to follow a balanced and healthy diet is essential for proper operation of the main engine of the body, our heart" says Dr. Leandro Plaza , chairman of the FEC.

Olive oil provides carotenoids, and polyphenols, chemicals that are very beneficial to control chronic diseases of cardiovascular system. In this sense, the cardio-protective effect of polyphenols has its importance in combating atherosclerosis, in which process a hardening and narrowing of the arteries as a direct result of the natural loss of elasticity, is generated.

Moreover, this disease, atherosclerosis, is primarily responsible for the appearance of multiple cardiovascular conditions from angina pectoris, to hypertension, to myocardial infarction, among others. Thus, studies confirm that polyphenols are able to preserve endothelial function, generating greater amounts of nitric oxide that can regulate both the ischemic risk (reduced blood supply) as oxidative stress.

**b) Against cholesterol**

It regulates cholesterol levels in the blood due to the monounsaturated fatty acids. Olive oil is rich in oleic acid (C18: 1), it is a type of monounsaturated fat (MUFA) good for heart's health increases HDL (good), without increasing the total blood cholesterol "Replacing saturated fats with unsaturated fats in the diet helps maintaining normal blood cholesterol levels. Both oleic acid and omega3 acids are unsaturated fats, "says Dr. Leandro Plaza, president of the FEC.

Phytosterols increase HDL cholesterol, while improving cardiovascular diseases and arteriosclerosis.

**c) Faced with hypertension**

It helps reducing blood pressure by polyphenols and oleic acid.

**d) The prevention of atherosclerosis.**

✓ A publication of the University of Zaragoza says the extra virgin olive oil is effective in controlling atherosclerotic lesions, mainly in the context of a Mediterranean-type diet (low in cholesterol).

**e) Improves digestive function.**

In the digestive tract, acts as a shield against excess stomach acids.

- ✓ Improving the Ph of the body, increasing it.
- ✓ It improves absorption of calcium and magnesium.
- ✓ Prevents constipation. Taken fasting in the amount of 1 or 2 tablespoons soup, the olive oil works as a mild laxative.
- ✓ It is a natural stimulant for the expulsion of intestinal worms.
- ✓ Improves nutrient digestion by stimulating the secretion of bile from the gallbladder, which helps preventing slow or heavy digestion of fats.
- ✓ Almost all the structures and organs of the gastrointestinal tract respond favorably to olive oil, the partial inhibition of gastric secretion and gut hormones, such as neurotensin and peptide YY.
- ✓ In the hepatobiliary system, oil colecistocinético produces a significant effect, gallbladder contracting due to the stimulation of cholecystokinin. Which further increases the hepatic secretion of cholesterol (bile salts), increasing its excretion. The result is the reduction of circulating cholesterol.
- ✓ In enteral diets shows that the gallbladder contracts with the oil faster compared to oral administration, facilitating the digestion of people who need this kind of power.

**f) Metabolic and cognitive functions.**

- ✓ Improved metabolic and brain functions.
- ✓ It favors the formation of cell membranes and brain tissue.
- ✓ Studies show that people who consume more saturated fat compared to those who consume less, have less memory. People who consume more monounsaturated fat, which contains olive oil, have cognitive improvement over time.

**g) Against Cancer.**

✓ YANG and coworkers have shown that the main component of olive oil, oleic acid, is inserted into the cell membrane mediated signaling regulates G-protein coupled receptors. These signals are those that control blood pressure (which explains its beneficial effect on cardiovascular levels, reducing blood pressure) and cell multiplication (which explains the protection against cancer, a disease characterized by excessive cell multiplication). This work provides, for the first time, what is the initial step in the antitumor and antihypertensive effect of olive oil.

**h) Anti-inflammatory action.**

✓ "Olive oil contains oleocanthal that provides anti-inflammatory properties on cyclooxygenase comparable to those of an analgesic drug such as ibuprofen prescribed enzyme (COX)". Francisco Jiménez, director of the study published in the *Journal of the American College of Cardiology*.

**i) In the prevention of osteoporosis.**

✓ Improves absorption of calcium, magnesium and zinc. So it is helpful in bone growth.

**j) At menopause.**

✓ Fundamental during menopause improves the absorption of fat-soluble micronutrients such as vitamin A and D.

**k) In the treatment of rheumatoid arthritis.**

✓ Studies by Dr. Athena Linos Faculty of Medicine, University of Athens highlight that diet may affect the development of clinical symptoms of rheumatoid arthritis. These studies show that in regions where olive oil consumption is high there are fewer risks of incidence. Oil is able to reduce symptoms of arthritis for the decreased production of proinflammatory mediators. It has been found that the use of olive oil twice a week decreased the risk of developing the disease. It is also concluded that the olive oil has a protective effect on the development or severity of arthritis.

**l) Antioxidant action.**

✓ It acts as an antioxidant, reduces the aging of the cell membrane, due to its vitamin E. Animal studies suggest that phenolic substances (oleuropein aglycone-ligstroside, hydroxytyrosol and tyrosol) found in olive oil have antioxidant effect, which turn acts in the body protecting the appearance of cardiovascular disease and cancer. (Maud N. Vissers, Peter L. Zock, Annet JC Roodenburg, Rianne Leenen and Martijn B. Oil Phenols Are Absorbed Katan.Olive in Humans J. Nutr 132:.. 409-417, 2002).

✓ Help lipoproteins to be more resistant to oxidation (oxidative process is a key to the development of coronary and vascular disease, causes inflammation and arteriosclerosis), preventing plaque formation of atherosclerosis.

**m) Prevention of diabetes.**

✓ Helps control other conditions that increase the risk of diabetes or obesity.

✓ Olive oil is rich in monounsaturated fats. These fats help control insulin levels in the body

**n) Prevention of depression.**

✓ The consumption of olive oil reduces the risk of depression. A recent scientific study at the University of Navarra in the journal "Archives of General Psychiatry" attributed to the Mediterranean diet reduced the risk of depression by 40% to 50%. And within the Mediterranean Diet, the extra virgin olive oil is one of their main ingredients.

**o) Feeling full.**

✓ Satiety effect against hunger, according to studies by Prof. Peter Schieberle, Head of the TUM Chair of Food Chemistry and Director of the German Research Center for Food Chemistry.

**p) Cosmetic treatments.**

✓ Based creams olive oil protect the skin against external agents such as pollution, cold, dry climate, etc.

✓ Due to its texture and fluidity is excellent for massage therapy.

✓ Delays skin aging by the antioxidant action of vitamin E.



- ✓ Tones the epidermis and has nourishing, regenerating and skin softening properties, this is because it is rich in vitamin E.
- ✓ Oleic acid ☐ provides elasticity to cell membranes and thus to the skin.
- ✓ With its significant content of essential fatty acids, restores natural moisture levels of the skin.
- ✓ To treat brittle nails. Put soak fingertips in olive oil for a few minutes helps to give greater strength to the nails.
- ✓ Massaging dry hair with olive oil and leave it on for about two hours before washing helps hydrate and achieve a healthier appearance.
- ✓ In the treatment of dry skin on elbows, sunburn, rashes, wounds or insect bites, etc.
- ✓ Hand and foot massage with olive skin gets these areas eliminates dryness and roughness.

## Section II

### 4. Put into practice

#### 4.1. Counterindications of olive oil :

- ✓ If you are taking medication for diabetes or blood pressure, decrease the consumption of this oil as it reduces blood sugar and blood pressure, which can cause complications.

*"Is any sick among you?"*

*Let him call for the elders of the community and pray over him, anointing him with oil in the name of the Lord "*

*(Sant. 5:14)*

#### 4.2. Folk Remedies with olive oil:



**a) Constipation:**

**a.1)** is recommended to take 2 tablespoons of olive oil in the morning on an empty stomach, you can enhance the flavor with a few drops of lemon juice. If constipation is more serious, it may prepare a mixture of olive oil (1 teaspoon) and warm water (another teaspoon), and apply it as an enema.

**a.2)** Make a poultice based raw spinach well mashed with olive oil applied on the belly. Works well against constipation and other ailments of the digestive system. You can also mix and drink chamomile tea with a tablespoon of olive oil

**b) Hemorrhoids.**

To relieve them, wash the area with water resulting in the firing of 30 gr. olive bark per liter of water. Another remedy is to wash with warm or hot water immediately with homemade soap made with olive oil zone. Rinse with cold water.

**c) Earache.**

For earache, you should put in each ear a drop of warm olive oil and cover with cotton.

**d) Remove earplugs.**

Sweating plugs applying a few drops of olive oil in the ear before bed and plug the ear with cotton. After two or three nights you can remove the stopper with a syringe of warm water pressure inside the ear.

**e) Painful Gums.**

To calm nervousness and pain producing gums when teeth come in small children. Scrubs are made in the gums with a little olive oil.

**f) Rheumatism and sprains**



**f.1)** As olive oil is very similar to the properties of ibuprofen, massage with this product are very beneficial. Pour a tablespoon or two of olive oil on the affected area and massage for about ten minutes until absorbed well. Relief will be noted immediately.

**f.2)** based ointment 25cl is performed. virgin olive oil, dried chamomile flowers. Water bath the mixture is heated for half an hour, allowed to cool and filtered. Subsequently aside a tablespoon of camphor and 3 tablespoons of alcohol to 60 ° is mixed. This mixture is added to the previous infusion. It is applied topically in massage joints, 2 times a day.

#### **g) Tiredness of the feet.**

To his relief a few drops of olive oil is added in the palm of the hand and feet massaged.

#### **h) Burns.**

**h.1)** To improve and heal a burn, is very beneficial apply a tablespoon of olive oil. But not to do right after it has been burned since you first leave a few minutes for the wound to breathe. Oil, what it does, is to moisturize the skin and relieve pain.

**h.2)** To relieve the pain of burns rub them with homemade soap made from olive oil.

#### **i) Wounds.**

To facilitate healing ointment with olive oil, black wine and honey is made equally and spread over the wound. It is also said that washing the affected area with water for cooking dried olive leaves accelerates healing.

#### **j) Bleeding.**

Apply powder rue (wild plant) with a little olive oil. The bleeding stopped and the wound heals quickly.

**k) Stretch Marks Skin.**

To improve the appearance of stretch marks, mix one tablespoon of olive oil with another oil wheat germ, applied to the skin and massage gently. With a constant daily application, hydration will improve them.

**l) Swelling.**

Crush a clove of garlic with a piece of cotton or gasilla. We spread the area with a little olive oil and put it over the previous gasilla gauze wrapped in another part. We will leave until the swelling recess.

**m) Chilblains.**

Apply olive oil directly on affected areas chilblains.

**n) Psoriasis.**

Psoriasis pustules hydrate and diminish the direct cutaneous application of Virgin Olive Oil.

**o) Rosacea.**

To improve symptoms or delay their appearance, are made of three or four minutes of daily massage with olive oil.

**p) Gallstones, bladder and kidneys.**

To facilitate stone expulsion should be taken on an empty stomach one tablespoon of olive oil with the lemon juice.

**q) Acne.**

Thanks to the antioxidant properties of olive oil, is a perfect place to solve the problems of acne ally. It is therefore recommended that you include in the diet, and also the skin clean and moisturized is maintained. To do this, prepare a special tonic with 10 drops of lavender essential oil on a quart of olive oil. Each day, take part in the affected facial massages.



**r) Smooth wrinkles.**

Thanks to its excellent antioxidant and moisturizing, it is very beneficial for the skin. You can smooth wrinkles marks applied nightly massage the face with a tablespoon of oil and two drops of lemon. Our skin will look brighter and recovered.

**s) Crow's feet.**

Heat water bath 3 tablespoons olive oil, 1 teaspoon beeswax and half a teaspoon of cocoa butter. Cool and add two tablespoons of rose water. Stir to form a thick paste that is applied to the crow's feet.

**t) Cream for dry skin.**

Mix 2 tablespoons of olive oil with two tablespoons of liquefied lanolin water bath and apply to the skin.

**u) Hair loss.**

Olive oil allows the hair follicle to relax and increases blood flow to the area. To do this, massage the scalp with olive oil, then, cover the head with a towel a couple of hours. Then wash the hair with water and shampoo.

**v) Hair punished.**

For the hair regains vitality and luster lost by treatments and styling products restoring its natural beauty. Simply apply a few drops of olive oil on the hair and allow oil to take effect, apply 10 minutes before soaping.

**w) Nail Care.**

It is placed in a glass a couple of fingers of olive oil and nails are immersed in it for 5 minutes once a day before bedtime.

**x) Rosemary Oil - Relieve muscle aches and respiratory problems.**

Wash the rosemary and let dry completely. Place it in a whole container, without taking anything. Fill the entire container of rosemary.

Then add olive oil until it covers all rosemary. Cover the bowl and leave to marinate in a dark place for at least a month. After this month, strain and rosemary oil is now ready for use.

## **Questions**

- 1. Do you remember how many commercial types of olive oil are there on the market?**
- 2. What is the role of olive oil in controlling cholesterol?**
- 3. How many applications does olive oil have in cosmetics?**
- 4. How has researcher Yang and his collaborators described the curative effects of olive oil on cancer?**
- 5. What kind of people shouldn't consume olive oil?**
- 6. What kind of treatments can be done to fight acne with olive oil?**
- 7. How can olive oil help fight alopecia?**
- 8. What treatment would you follow to care for your nails with olive oil?**
- 9. What does the Japanese Shinto think over the primordial waters used to wash the newborns?**

## Are you interested?

### 5. Further readings

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