

Olive Oil Fights Disease

Olive oil's benefits to health and vitality have been known for years. Consuming olive oil will lower your bad cholesterol, reduce your chance of heart disease and stroke as well as warding off cancer.

What is less well known is its effect on serious inflammatory illnesses such as rheumatoid arthritis, lupus and psoriasis. I am amazed to see remarkable results in these long-term conditions when a patient takes olive oil as a medicine, not a food. Olive oil as a medicine means taking 15-25ml a day, rather than a splash on salad.

Not all olive oils are the same. Far greater health benefits are seen when high-quality, locally grown extra virgin olive oil is consumed.

Your natural treatment for conditions such as rheumatoid arthritis or psoriasis should include herbs such as Echinacea and St Mary's thistle for liver health along with moderate dietary changes.

Australian extra virgin olive oil will not be the total solution but, combined with some natural treatments, there are likely to be some remarkable long-term improvements.

By Michael Treloar - Busselton naturopath from Optimum Health
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