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Argan oil is one of the most beneficial and precious cosmetic oil around the world. It is also very beneficial for the healthy skin, functioning of the body, hair and nails. It really affects the functioning of various body parts. Here in this article we will discuss various health benefits of argan oil. Argan oil is more beneficial than other various cosmetic oil such as olive oil, fish oil, coconut oil and sunflower oil and so on. Given below are some of the health benefits of argan oil.

Argan oil is very advantageous for over all health as it includes polyphenoles, sterols, vitamin E, carotenoids and unsaturated fatty acids. The most important point is that it does not affect your immune system as it was exposed by the research on male rats that were fed various oils such as sunflower oil, olive oil, coconut oil and argan oil as well. Investigation showed that this oil had great results in the triggering and regulation of immune system of the body.

This oil is very beneficial for balanced dietary part as its nontoxic nature for the immunity system. So you can simply and consistently utilize for balanced diet like olive oil. Argan oil includes 8grams fat, 3.4 milligrams proteins, 1.4 gram saturated fat, 3grams polyunsaturated fat and 3.4 monounsaturated fat. Argan oil is very effective for maintaining proper cholesterol level in the body. This oil also has anti-inflammatory and anti-bacterial properties, which is very good for skin and also for your overall health.

This oil can be used for both external and internal purposes such as for massages, hair loss problem, for treating dandruff, acne, wrinkles, and burns for treating rheumatism and so on. It is also used in your food or enhances various dishes such as in salads, soups, sweet potatoes or goatâ€™s cheese and also in desserts as well.

Argan oil has number of advantages for human health as it can cure and prevent cardiovascular issues. Daily use of this oil can provide you a healthy-heart and also healthy lifestyle as it provides essential nutrients to the body. It is also very useful reduce and prevent the malignant cells in the body of people who are suffering from cancer. Argan oil also deal with various inflammatory skin diseases such as acne, psoriasis and chickenpox and also very effective for people who are suffering from arthritis.

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