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The Benefits of Fresh Olive Juice by [James Blee](#)

Article published on December 26th 2011 | [Health](#)

Most of us use olive oil to cook various food items but we never really think about the benefits of taking fresh olive juice. Olive oil is healthy and it is without any harmful effects of oil from other sources. But drinking fresh olive juice is too very good for health and some of its benefits are listed here:

• Olive juice has "healthy fat". That is, the fat contained in olive is not saturated and hence the heart and other organs do not have to exert extra pressure to imbibe it into the body. On the contrary, this fat is healthy for heart, providing it with the strength to keep it working.

• Olive juice is extremely beneficial for hair growth and for glowing skin. It is a rich source of Vitamin C. By massaging the hair with a quarter cup of warm olive oil, one will notice a significant reduction in hair fall, coupled with increase bounce and shine. By massaging olive juice into the skin, one can get soft, smooth, supple skin and a significant reduction in the signs of aging.

• As far as the health benefits are concerned, the two most significant benefits are in terms of reduction in blood sugar levels and helping in arthritis. So those who are diabetic should include a cup of fresh olive juice in their diets. Also, it has anti inflammatory properties. Hence those with arthritis or joint pains will get relief as well. It is also known to reduce the intensity of hot flashes in menopausal women that can be so very uncomfortable.

So with all these benefits, it is very easy to understand how important a change olive juice can bring in our lives if incorporated in our daily routine.

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[James Blee](#) - About Author:

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Article Keywords:

olive juice, Olive juice for martinis

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