

Healing Foods

OLIVE OIL

Olive oil is one of the ancient foods that truly nourish the body inside and out. *“It is symbolic of goodness and purity, and the trees is a symbol of peace and happiness”*. Make sure what you purchase is a whole food, if you do not choose a high-quality oil, it becomes harmful, not healing. Look for cold or expeller pressed, extra virgin, it should be in a dark bottle, it should smell strong and “herby” and when placed in a fridge should turn cloudy or harden slightly. Once you have got the right stuff, you can enjoy these benefits.

Health benefits:

- Boosts cell repair
- Anti-inflammatory
- Anti-microbial, fights fungus and bacteria
- Lubricates joints, helping with joint discomfort.
- Heart health
- Brain health
- Balance hormones
- Helps to balance blood sugar levels.
- Mood disorders and depression
- Conditions and nourishes skin.
- Emollient that can be used for ulcers, sore throat, burns and skin conditions.

Resources:

- **Herbs of the Bible* by James A. Duke
- *Healing Foods: Eat Your Way to a Healthier Life*
- <https://draxe.com/?s=olive+oil>
- *Healing Foods* by Michael Murray