

Omega 3 Olive Oil - Weight Loss Capabilities of Omega 3 Olive Oil

Olive oil is a completely reliable and safe natural source of both omega 3 and omega 6 polyunsaturated fatty acids. Next to water, it is considered to be the best weight loss medicine. Most of the content of omega 3 olive oil is made up of oleic acid – a monounsaturated fatty acid, good for the body. The ratio of omega 6 to omega 3 fatty acids found in olive oil is almost 10:1 which is totally acceptable and helps in lowering bad cholesterol levels in the body. Normally, a dosage of 1 tablespoon of omega 3 olive oil after every meal is recommended by health experts for individuals who want to lose weight. Olive oil increases the rate of metabolism in our body. More and more nutrients are converted to energy instead of getting absorbed by the bloodstream. Phenols present in olive oil make it tasty and easy to consume. Omega 3 olive oil supplements are made after careful purification and filtering and the resultant oil is usually tasteless. However, if you are looking for a slightly heavier and totally pure olive oil straight from the plant source, go for virgin olive oil. If you only want to experience how your body responds to the intake of olive oil, then go for light or extra light olive oil. Eating olives directly also have the same effect on weight, but some people might not be very open to the taste of olives so they prefer supplements made from olive oil. Omega 3 olive oil also contains some percentage of antioxidants. These substances are directly linked with weight and saturated fat loss. 1 tablespoon of olive oil provides around 120 calories. It is an essential part of the Mediterranean Diet and known for its capabilities in lowering the risk of heart disease. If you are using olive oil for cooking, do not overheat it. Instead use it in making salads and other foods that do not require heating at all. It is recommended that you increase your intake of fresh fruits and vegetables if you are using omega 3 olive oil for losing weight. This is because olive oil is also known to lower blood pressure and slowing down of heart beat. If you experience critically low blood pressure and your everyday activities are being disturbed due to this condition, stop taking olive oil and seek medical help.

About the Author

1 Source for discount bodybuilding supplements and discount nutritional supplements. Planetary Nutrition has a huge selection of name brand bodybuilding.

Source: <http://www.productsherbal.com>