

BENEFITS OF ORGANIC COOKING OIL



Think about the meals that you prepare. How many do you use oil for? You add it to roast vegetables. And I am sure you fry off onions in the first stage of many meals. Obviously, you want your food to taste nice and also be the best it can be for your health. Unfortunately, oils that are not organic can actually be very bad for your health.

Side Effects

Non-organic crops that are used to make cooking oil have been sprayed with chemicals. When the oil is extracted the chemicals are not removed. Sadly as these chemicals build up in our bodies it can affect our brain. This can affect how we feel and make us anxious or depressed. Even worse these chemicals have been linked to the cause of infertility and even cancer. Small amounts of these chemicals can affect your health. Particularly children's health. So it makes sense to cook with organic oil. Plus, it tastes much more pleasant.

Your Skin

How is organic oil great for your health? Well first of all every single cell in every single organ of your body has a skin, or membrane. That skin is made up of something called lipids which are what fats and oils are made of. To keep all those cells healthy and working well you need to eat fats and oils. If those oils are completely natural the body doesn't have to worry about anything nasty in them. It can just get on and use them.

Olive Oil

The best oil to use is olive oil especially extra virgin olive oil. This means no solvents have been used to get the oil out of the olives. The olives are simply pressed very hard and the oil is squeezed out. Organic olive oil is one of the reasons that the so-called Mediterranean diet is so healthy. People who eat plenty of this oil, get ill much less and live longer. They are also less likely to have a heart attack, stroke or get cancer.

Coconut Oil

Another oil, that is great to cook with, is organic coconut oil. This oil can be heated to high temperatures without burning and it keeps for ages. There is proof that it can help to reduce bad fat in the blood called cholesterol. Some cholesterol is good but coconut oil helps stop bad cholesterol building up and causing strokes or heart attacks.

Organic coconut oil is also good at killing the type of bacteria that cause illness. But the bacteria in the gut, which are great for your health, love organic coconut oil. Luckily, it doesn't kill them but helps them to grow and reproduce. If something is good for the gut bacteria it is also good for you. This is because gut bacteria help you digest food, prevents stomach pain and even make you feel happier and less stressed.

Weight Control

Many people associate fats and oils with gaining weight. But the chemicals that are sprayed on the crops to kill pests like insects, can also cause you to gain weight. This is because they stop natural chemicals in the body, called hormones, from working properly. Hormones control appetite and the signals that tell your brain if you are hungry or full.

So having organic olive oil and coconut oils means your hormones can work properly. Better still these oils are known to be good at helping you to lose weight.

Therefore it is much better to have organic olive or coconut oil. It tastes nicer. It is better for your health. And it is also better for the environment.