

I read online that people should drink a Tablespoon of olive oil every day. Why would this be good?

ChatGPT said:

Drinking a tablespoon of olive oil daily is often recommended for its potential health benefits, particularly when using **extra virgin olive oil (EVOO)**. Here's why it might be beneficial:

1. Heart Health

- **Rich in Healthy Fats** – EVOO is high in **monounsaturated fats (MUFAs)**, which can help reduce LDL (bad) cholesterol and increase HDL (good) cholesterol.
- **Anti-Inflammatory Effects** – It contains **polyphenols** that help reduce inflammation, which is linked to heart disease.
- **Supports Blood Pressure** – Some studies suggest that regular olive oil consumption can help lower blood pressure.

2. Digestive Health

- **Supports Gut Health** – Olive oil may help promote beneficial gut bacteria, improving digestion and nutrient absorption.
- **Aids in Constipation Relief** – It acts as a mild natural laxative, helping to keep bowel movements regular.

3. Brain Health

- **May Reduce Risk of Cognitive Decline** – The polyphenols in olive oil may help protect against neurodegenerative diseases like Alzheimer's.
- **Provides Healthy Fats for Brain Function** – The brain thrives on healthy fats, which may support memory and cognition.

4. Joint and Muscle Benefits

- **Anti-Inflammatory for Arthritis** – Olive oil contains compounds that may help reduce joint pain and stiffness in people with arthritis.
- **Potential Muscle Recovery Aid** – Some athletes use olive oil to help reduce muscle inflammation and support recovery.

5. Skin and Hair Health

- **Moisturizes Skin** – It can help keep the skin hydrated and may reduce signs of aging due to its antioxidant content.
- **Strengthens Hair** – Some people apply olive oil to their hair to improve shine and strength.

6. Supports Weight Management

- **May Help With Satiety** – The healthy fats in olive oil can help you feel fuller longer, potentially reducing overeating.

Potential Downsides?

- **Calories** – Olive oil is calorie-dense (~120 calories per tablespoon), so excessive consumption could contribute to weight gain.
- **Digestive Issues** – Some people may experience mild stomach discomfort, especially if they're not used to consuming oil on an empty stomach.

Would you consider trying it? If so, it's best to use **high-quality extra virgin olive oil** and take it in the morning or with meals.

You said:

Do you need to take it on an empty stomach? Runners who drink it are usually light in weight they would probably not worry about weight gain. Would it help to generate energy for long distance running? In this case would taking more than a tablespoon per day be helpful. Does it taste ok? Is it helpful for mouth health and teeth?

ChatGPT said:

Does Olive Oil Need to Be Taken on an Empty Stomach?

No, you **don't have to take olive oil on an empty stomach** for it to be beneficial. However, some people prefer to take it this way to aid digestion, promote gut health, or reduce inflammation. Taking it with food is also effective, especially for nutrient absorption.

Would It Help Generate Energy for Long-Distance Running?

Yes! Olive oil is a great energy source for endurance athletes like runners because:

- **High in Calories & Healthy Fats** – 1 tablespoon contains about **120 calories** of slow-burning energy.
- **Fat is a Sustained Energy Source** – Unlike carbs, which provide quick energy, **monounsaturated fats (MUFAs)** in olive oil provide a steady energy release, useful for long-distance running.
- **May Reduce Inflammation** – The **polyphenols and antioxidants** in EVOO may help reduce muscle inflammation, aiding in recovery.
- **Supports Fat Adaptation** – Runners who train their bodies to burn fat efficiently (instead of just carbs) might benefit from incorporating healthy fats like olive oil into their diets.

Would Taking More Than a Tablespoon Help?

Possibly. If you're light in weight and running long distances, **increasing olive oil intake could be beneficial**, but it depends on how your body responds. Some endurance athletes consume more fats (including olive oil) to optimize energy levels. However, too much might cause **digestive discomfort** (especially before a run), so it's best to experiment gradually.

How Does It Taste?

- **High-quality extra virgin olive oil (EVOO)** has a slightly peppery, fruity, or grassy taste. Some people enjoy it straight, while others mix it with lemon juice, honey, or tomato juice to improve the flavor.

- If you don't like the taste, you can **drizzle it over food** instead of drinking it.

Is Olive Oil Helpful for Mouth and Teeth Health?

Yes, olive oil may benefit **oral health** in several ways:

- **Antibacterial Properties** – It can help reduce harmful bacteria in the mouth, potentially lowering the risk of cavities and gum disease.
- **Supports Gum Health** – Its anti-inflammatory properties might help with conditions like gingivitis.
- **Oil Pulling Alternative** – Some people use coconut oil for **oil pulling** (swishing oil in the mouth for oral detoxification). Olive oil can work similarly, though it's less commonly used this way.
- **Protects Tooth Enamel** – EVOO may form a protective coating over teeth, reducing acid erosion from food.

Would you consider using it for running fuel, or are you more interested in general health benefits?

You said:

I would use it for general health and running. Thanks for your help.

ChatGPT said:

Memory updated

You're welcome! Olive oil can be a great addition to your routine for both overall health and endurance running. If you experiment with it, let me know how it works for you. Happy running! ? ͡° ͜ʖ ͡°