



## **Health Benefits Of Glanola's Cold Pressed Oils:**

**Cold Press Oils have many health advantages:**

**Our ancestors enjoyed it and lived healthy and happy life.**

- Promotes heart health & Reduces heart diseases
- It may fight cancer
- Loaded with antioxidants
- Boosts skin health ( Improves skin, hair & tooth health)
- It may improve insulin sensitivity
- Increases good cholesterol
- Controls blood sugar
- Reduces stress
- Prevents liver diseases
- Reduces weight
- Strengthens the immune system
- Improves Digestion
- Lowers Cholesterol

- Repairs the body

An adulterated and refined oil can be the root cause for every single health problem of this generation either directly or indirectly. Be wise and make wiser decisions about what you consume on a daily basis.

## **Advantages of Cold Pressed Oils:**

Now that we know how beneficial the cold-pressed oils are and their extraction method, it is now time to check out the advantages of cold-pressed oil below:

- The oil includes all the significant nutrients like vitamins, phospholipids, proteins, antioxidants, and lecithin. All of these components are highly beneficial for the human body.
- Since they are extracted in their natural form from the seeds with lower heat application, all the nutrition present in them remains intact.
- It helps to lose weight since it does not include unnecessary calories and is also beneficial for the human skin.
- The oils are free from toxic chemicals and natural. During the refining process, the companies use certain chemicals like hexane, sodium bicarbonate, sodium hydroxide, and various other bleaching agents harmful to the body. Cold-pressed oils are free from these chemicals, preservatives and are organic.
- The cold-pressed oils include natural antioxidants that assist in reducing the damage of the radical cells within the body. The oils are also full of vitamin E, which contains various healing and anti-inflammatory properties.