

TIAME Health Benefits Of Safflower Oil.



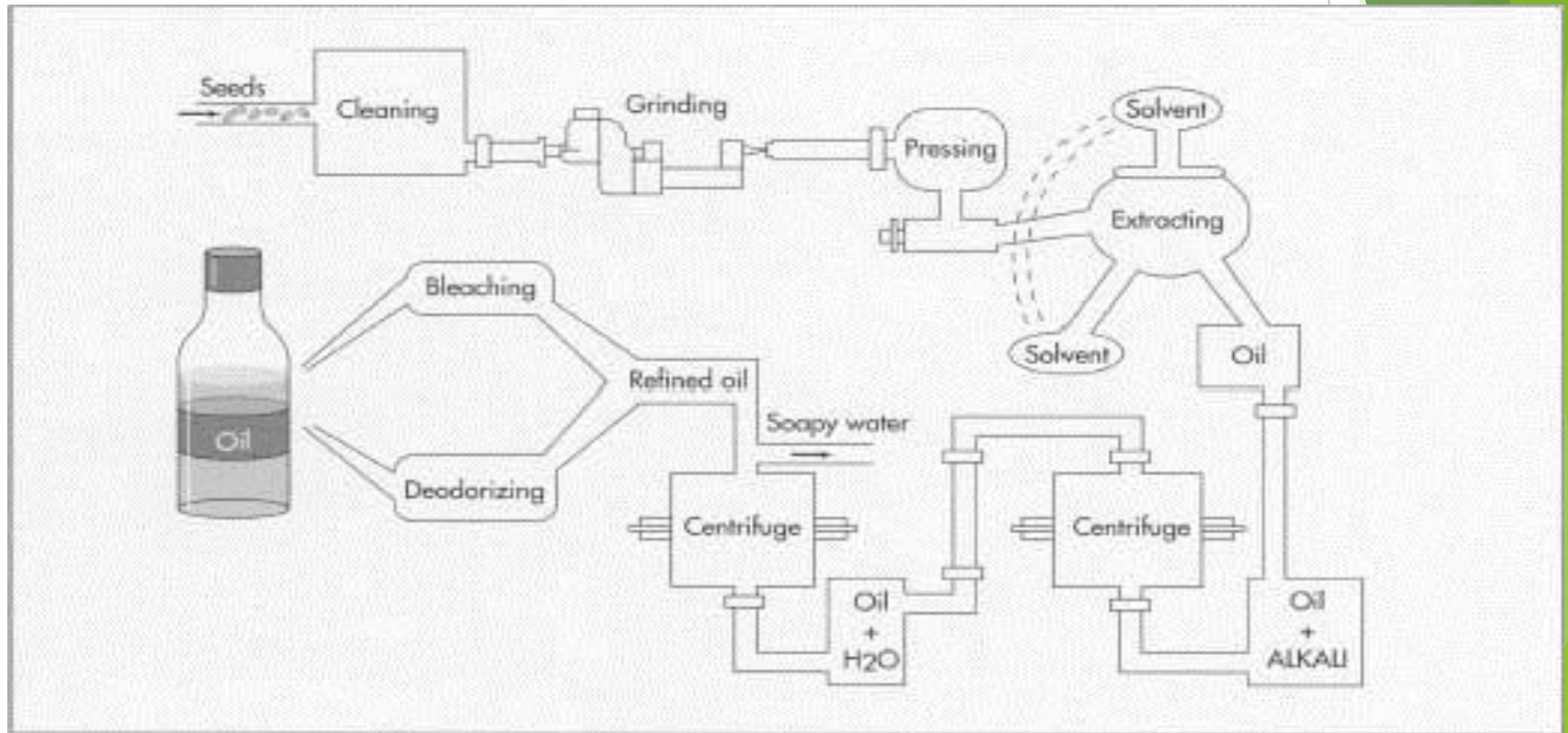
- **7 Amazing Benefits Of Safflower Oil**
- Heart Health:** Safflower oil has been shown to have a very high content of omega-6 fatty acids (68-72%), which is a beneficial type of fatty acid that our body needs. It is otherwise known as linoleic acid. This acid can help the body to keep a healthy balance of cholesterol in the body, which decreases the chances of developing atherosclerosis, as well as the other health conditions, such as heart attacks and strokes, that are often the result of this condition.

- ▶ **Obesity:** This has long been known as a good choice for people who are trying their best to lose weight. Omega-6 fatty acids, of which safflower oil is rich, helps the body to burn fat, rather than store it. This makes safflower oil very valuable, since vegetable oil is used in so many cooking preparations, and it can be used by people suffering from obesity to lose weight without having to make too many changes to their diet.

- ▶ **Diabetes:** The omega-6 fatty acid has also been shown to manage blood sugar levels, thereby helping people who suffer from diabetes to keep their blood sugar even. This can also prevent people from developing diabetes.
- ▶ **Hair Health:** Safflower oil is also rich in oleic acid, which is very beneficial for the scalp and hair. This vitamin increases circulation on the scalp, stimulating hair growth and strength in the follicles. It can also help to keep your hair shiny and vibrant, so it is often used in cosmetic applications. However, it also does the same thing if consumed as food.


- ▶ **Skin:** The high content of linoleic acid in safflower oil makes it ideal for boosting the quality and appearance of your skin. The linoleic acid can combine with sebum to unclog the pores and reduce blackheads, as well as acne, which is a result of sebum build-up under the skin. Furthermore, linoleic acid stimulates the regeneration of new skin cells that help clear up scars and other blemishes from the surface of the skin, leaving you looking younger and more attractive.

Scheme of production of vegetable oils



Conclusion:

- ▶ Daily consumption of safflower oil leads to a positive effect in the human body. I advised all of them to use this unique safflower oil!!!



▶ Thank you for
your attention