

## Olive Oil Uses

**Shave.** If you run out of shaving cream, slather on Olive Oil.

**Relieve a cough.** Mix three to four tablespoons lemon juice, one cup honey, and one-half cup Olive Oil. Heat for five minutes. Then stir vigorously for two minutes. Take one teaspoon every two hours.

**Soothe frostbite.** Warm some Olive Oil and gently dab on frostbitten skin.

**Relieve a scalded throat.** Take two teaspoons Olive Oil to soothe and coat the throat.

**Rejuvenate dry skin.** Lubricate with Olive Oil.

**Condition your hair.** Warm up Olive Oil, massage it into your hair and scalp, wrap your head in a towel, and sit under a dryer. Later, shampoo as usual.

**Relieve jellyfish or man-of-war stings.** Apply Olive Oil for immediate relief, then seek medical attention.

**Soothe an earache.** Warm and insert a few drops of Olive Oil into the affected ear, plug with cotton, and apply a hot water bottle.

**Relieve bursitis.** Heat Olive Oil and massage into the shoulder or upper arm daily.

**Relieve constipation.** Take one to three tablespoons Olive Oil as a mild laxative.