



## Macadamia Nut Oil Benefits

One of the very important macadamia nut oil benefits is that it lowers the level of bad cholesterol in the body and is good for the health of the heart. However, this is just one of the many macadamia nut oil benefits. This article discusses the numerous uses of this oil. Macadamia nuts are natives of Australian rain forests. However, due to its taste and its numerous health benefits, the macadamia nut oil has become popular all over the world. The trees are of evergreen variety that grow up to 2-12 meters tall. The fruit that is known as the macadamia nut is a rich source of monounsaturated fats, the goodness of which is being widely utilized in the form of the macadamia nut oil. Not only is the oil good for heart, but it also reverses the signs of aging on skin. Its good taste and versatility adds to the macadamia nut oil benefits.

### Macadamia Nut Oil Benefits for Health.

The popularity of macadamia nut oil stems from the fact that it has a high amount of monounsaturated fatty acids, even more than that in [olive oil](#)! There are two types of fats - the saturated and unsaturated fats. Of the latter, there are two varieties again. One is the monounsaturated fats and the other is the polyunsaturated fats. Monounsaturated fats are good for health as they lower the amount of bad cholesterol or low density lipids (LDL) while maintaining the levels of good cholesterol or high density lipids (HDL) in the body. Organic macadamia nut oil is hard to find. However, those that are generally found on the market are 80 - 85% monounsaturated fats.

Macadamia nut oil nutrition value lies in the fact that it maintains the optimum level of [cholesterol](#) in the body and reduces the risk of [heart diseases](#). Macadamia nut oil is rich in oleic acid, the main fatty acid in olive oil that contributes to its healthy properties. Besides this, macadamia nut oil has linoleic acid, linolenic acid, [Omega-3 essential fatty acid](#), Omega-6 fatty acid and also palmitoleic acid. All these pushes the levels of monounsaturated fatty acids a few points higher in macadamia nut oil than in olive oil. Macadamia nut oil health benefits does not end here. The oleic acid in macadamia nut oil has anti-inflammatory properties that makes it effective in fighting against chronic diseases. Besides the monounsaturated fatty acids, macadamia nut oil is also a rich source of [calcium](#), [vitamin B](#) complex and minerals like phosphorus and iron.

### Benefit of Macadamia Nut oil

**Rich in Omega 3 & 6 - good for the heart; Rich in Omega 7 - good for the hair and skin; Rich in Omega 9 - Good for the reduction of insulin resistances.**

( Omega 3, Omega 6, Omega 7 and Omega 9)

The Omega Acid Group contained in the macadamia nut oil helps in many common illnesses and health issues. These include conditions Like anorexia, adhd, diabetes, eye disease, male sterility, growth retardation, dry skin, dry eyes acne, eczema, cracking/peeling of fingertips, hair loss, dry glands, allergies, arthritis, Joint Pain, Weight Loss, High Blood Pressure, Heart disease and Ulcer.