

What Can I Do With Hemp Oil?

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Hemp oil is one of the healthiest oils of all. It's been called "nature's perfect food" due to its makeup of balanced concentrations of omega fatty acids.

Processed from the seeds of the cannabis sativa plant, the end product does not contain THC, which is the psychoactive compound of the plant.

Research has revealed that hemp contains all of the essential amino acids and essential fatty acids necessary for human life with its balanced 80% essential fatty acid (EFA) content. It also contains a rare protein known as globule edestin that is similar to the globulin found in human blood plasma. It is said to be nature's most balanced oil for [human nutrition](#) and is quite easily digestible.

The essential fatty acids are what make hemp oil so uniquely beneficial. They are known for their role in helping to prevent heart disease, high blood pressure, cancer, and a host of chronic illness, including arthritis.

They are indispensable for the function and development of the brain, nervous system, and production of healthy cell membranes in addition to supplying the hair and skin with important nutrients.

Hemp oil also offers potent anti-inflammatory and antioxidant properties.

So how can you actually use hemp oil?

Improving your complexion. Hemp oil is great for the skin. It is easily absorbed and quite moisturizing. It can clean and detoxify in addition to evening out skin tone. As the oil is nearly identical to our own lipids, it is capable of penetrating the cells and lubricating the surfaces between them.

It can nourish dry skin and address blotches. As it doesn't stick to your skin and clog pores like many other oils tend to do; it's a great way to moisturize without leaving a greasy residue.

Hemp oil may also be effective in treating eczema by reducing the dryness and itching as well as calming inflammation.

Add hemp oil to your diet. Hemp oil has a pleasant nutty flavor that's often preferred to the taste of flax oil. It's ideal for use in salad dressings, although it is not suitable for frying as high heat reduces its benefits. Combine a little with vinegar for a tasty dressing or substitute it for regular olive oil. It can also be added to your juice or smoothie.

Substitute for fish oil supplements. Fish oil supplements are an excellent source of EFAs; however, for vegans or vegetarians they are not an option. Hemp oil contains omega 3, 6, and 9, making it an outstanding alternative to fish oil – plus you don't have to worry about ingesting mercury or other toxins.

Varnish or lubrication. Hemp oil can also be used to varnish bare woodwork. Just mix a bit in with lemon oil and apply over finished wood; buff it out and your finish will shine. Mixed with vinegar, salt, borax and citrus oil, it can be utilized as a cleanser and preserver of woodwork. The oil can even be substituted for petroleum-based products to lubricate a bicycle chain for a quieter, smoother ride.

Hemp oil may have gotten an unjust bad rap due to its connection with marijuana, but hemp has had a long-standing relationship with humanity offering multiple benefits. Fortunately, it is now widely available in supermarkets and health food stores.

- *The Alternative Daily*