



# Your health: Olive oil's many uses

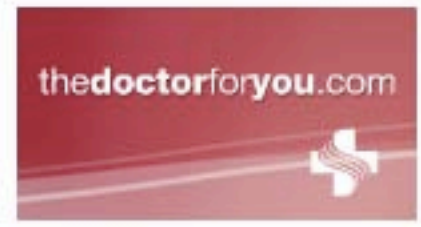
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Olive oil, at its best in a vinaigrette, also is renowned for its medicinal uses, according to Carol Firenze, author of "The Passionate Olive: 101 Things To Do With Olive Oil" (Ballentine Books, \$17.95, 244 pages). Believe them all? That's up to you.

- Before a night of clubbing, down 2 teaspoons of olive oil to reduce the effects of alcohol.
  - Dab on diaper rash. Two teaspoons of extra virgin olive oil (EVOO) mixed with 1 teaspoon water. Whip into an emulsion. Apply on baby.
  - Pat the dog's dry, cracked nose with EVOO on a pad.
  - As an eye makeup remover. At the same time, you're applying an organic skin moisturizer.
  - A skeeter beater. According to Firenze, mosquitoes are "less likely to bite skin" smeared with olive oil.
  - Use olive oil to treat sunburned skin. Don't use it as a tanning oil
- you'll cook.
- After a wax treatment, olive oil will help remove excess wax and soothe and moisturize the area.



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