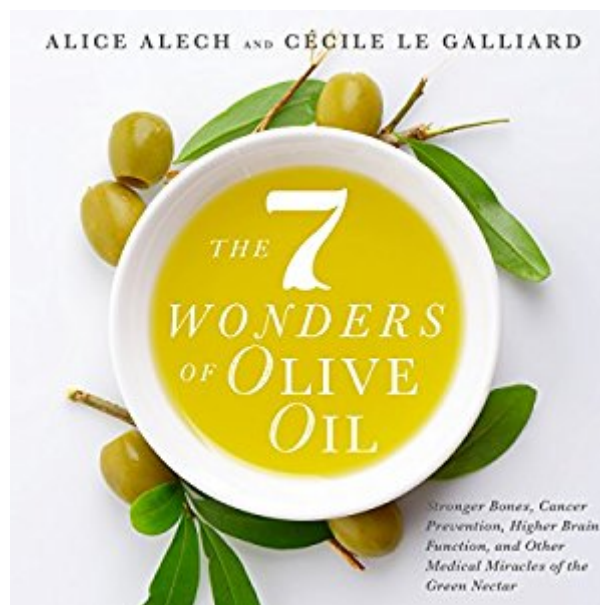


The book was found

The 7 Wonders Of Olive Oil: Stronger Bones, Cancer Prevention, Higher Brain Function, And Other Medical Miracles Of The Green Nectar



Synopsis

Jeanne Calment, who lived to be 121, credited one thing for her long life: olive oil. Olive oil enthusiasts and experts Alice Alech and Cecile Le Galliard join forces in this complete guidebook detailing the amazing, almost miraculous, health benefits of olive oil. From slowing the effects of Alzheimer's to building healthy bones, olive oil is unrivaled in its natural goodness. With detailed research from doctors and nutritionists around the globe, *The 7 Wonders of Olive Oil* reveals seven amazing health benefits of olive oil, the role olive oil plays in the Mediterranean diet, and tips for cooking with, buying, and storing the green nectar.

Book Information

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Customer Reviews

The best book on olive oil I have read, written well and simply but with enormous enthusiasm by it's authors. This book contains everything you need to know about olive oil. Any claims about the powers of olive oil are backed up by research from health professionals. The research sits side by side with great recipes - I must try the Tomatoes Provencal - and cosmetic uses. Great recipes for vegetarians and some of the suggestions for health eating are simple and will definitely be trying them. Thank you Alice and Cecile

I was so excited to receive my pre-ordered copy of 7 Wonders of Olive Oil..... It is a great read.... packed with information about the health wonders of extra Virgin Olive Oil.... EVOO is definitely medicine in a bottle and this book explains why... Easy to read. I've recommended it to lots of

people.Highly recommend it.

The book is great

"The 7 Wonders of Olive Oil" by Alice Alech and Cecile Le Galliard is an elegantly written book by two authors who are deeply knowledgeable about their subject and who clearly love their topic. The book covers seven of the widely known benefits of olive oil and hints at more. It takes the reader from the use of olive oil from Minoan Crete to the tables of fine, health conscious dining of today, all infused with an understated but scholarly rendition that draws the reader into subconscious agreement with the authors' authoritative and persuasive perspectives. The health benefits of olive oil is told lucidly, without medical hoopla or complicated exposition. Stronger bones; cancer prevention; higher brain function; natural anti-inflammatory properties; skin rejuvenation; cardiovascular benefits; and reduction of the risk of diabetes. There are short sections on: the roots of olive oil in Mediterranean history; understanding fats; and the production of olive oil from olives. A bonus is the section on understanding the label on buying Extra Virgin olive oil. Another section deals with different categories of olive oil and yet another offers readers some suggestions on the use of olive oil in the kitchen. There is a quiz on olive oil. And for those hungering for more, there is a comprehensive glossary of terms as used by the experts on olive oil production and analytics. An extensive reference section can direct the new olive oil aficionado to the authors' trove of olive's fountain of knowledge. I thoroughly enjoyed reading this book and if you are interested in any aspect of olive and olive oil - history, production, use, health benefits - you will too. Tulsi Dyal Singh, MD.

This is such an awesome read! The book tells the reader fascinating background on the history of olive oil and how it is produced. Well referenced...this is vital to any book that makes health claims. I recommend this book to anyone who wants to improve their health in a delicious way. Mark Marinella MD

The 7 Wonders of Olive Oil has a lot of great information about the use of olive oil. I had no idea before reading the book of all it's benefits. You always hear it's good for you, but this outlines specific health advantages. Thanks for a concise read about it's benefits. I recommend this book.

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The 7 Wonders of Olive Oil: Stronger Bones, Cancer Prevention, Higher Brain Function, and Other Medical Miracles of the Green Nectar
Cancer: Cancer Prevention: Killing Cancer By Preventing It.

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