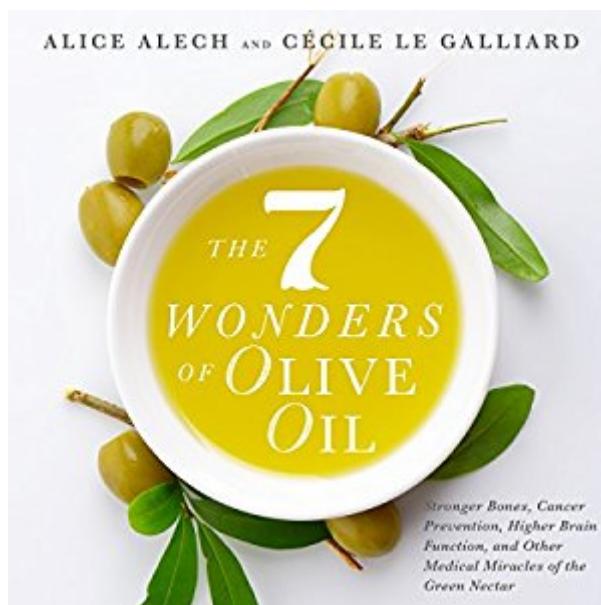


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# The 7 Wonders Of Olive Oil: Stronger Bones, Cancer Prevention, Higher Brain Function, And Other Medical Miracles Of The Green Nectar



## **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 its 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.

Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Olive Oil: (Free Gift eBook Inside!) How it Heals and Mends the Body, Beauty and Health Tips of Olive Oil (55 Beneficial Tips on How Olive Oil can Help You Today) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Alternative Cancer Therapies (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) (Alternative Medicine Book 1) Oil Painting: Learn Oil Painting FAST! Learn the Basics of Oil Painting In No Time (Oil Painting Tutorial, Oil Painting Books, Oil Painting For Beginners, Oil Painting Course, Oil Painting) (Volume 1) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) The Cancer Cure Diet: The Complete Cookbook of 20 Cancer Diet Recipes That Work And Why (Cancer Cure, Cancer Nutrition and Healing, Cancer Prevention, ... Cancer Diet Guide, Cancer Recipe Books) Coconut Flour Recipes: Your Ultimate Low Carb, Gluten Free & Paleo Friendly Coconut Flour Cookbook (Coconut Oil, Coconut Oil Recipes, Coconut Oil For Weight ... Oil For Beginners, Coconut Oil Miracles) Cancer: Taboo Cancer Cures 6 Impressive and Secret Cancer Cures that Most People do not know about (Cancer, Cancer Cures, Yoga, Cancer Treatments, Cancer Medicine, Cancer Patient Book 1) Cancer Prevention Diet: The Revolutionary Cancer Prevention Diet to Live Healthy and Cancer Free Winning The Cancer Battle: Nutritional Help for Breast Cancer, Prostate Cancer, Intestinal Cancer, Vaginal Cancer, and Various Other Cancers CANCER PREVENTION: Cancer Factors, Cancer Fighting Foods And How The Spices Turmeric, Ginger And Garlic Can Reduce Cancer Risk (Essential Spices and Herbs Book 4) Colon Cancer - A Cancer Prevention and Cancer Cure Guide to Understanding the Facts of Colon Cancer for

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