



The Healing Powers of Olive Oil: A Complete Guide To Nature's Liquid Gold

Cal Orey

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Lose Weight...Lower Cholesterol And Blood Pressure...Prevent Heart Disease And Cancer...Live Longer...And So Much More! Discover The Amazing Powers Of Olive Oil!

From ancient times to present-day, olive oil has been used for everything from health ailments to beauty and housekeeping and so much more. Now evidence shows that a diet based on olive oil can add years to your life and may even prevent some diseases. Health author-journalist Cal Orey has consulted top doctors, nutritionists, olive oil producers, and chefs, getting the most up-to-date information on the many benefits of olive oil, such as:

Health Improvements:

Relieving arthritis aches

Inhibiting breast and colon cancer

Preventing diabetes

Reducing pain

Staving off ulcers

Fighting impaired memory

Home Cures:

Soothing diaper rash

Reducing hair loss

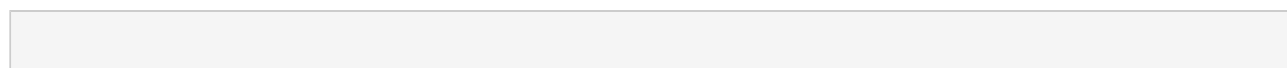
Cleaning your house, naturally

Minimizing stretch marks and wrinkles

Zapping ticks and conditioning your pet's coat

And more information that everyone worldwide should know! Includes dozens of delicious recipes that make olive oil a vital part of a long and healthy life!

"The best and highly practical information about the core of the longevity-boosting Mediterranean diet." --
Karlis Ullis, M.D., Medical Director of Sports Medicine and Anti-Aging Medical Group in Santa Monica, California



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From reader reviews:

Kristen Self:

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Susan Granger:

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Brooks Davis:

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Richard Russell:

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