



## The 7 Wonders of Olive Oil: Stronger bones, cancer prevention, higher brain function, and other medical miracles of the green nectar (Paperback)

By Alice Alech, Cecile Le Galliard

Familius LLC, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. 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 discussing the amazing--almost miraculous--health benefits of olive oil. From slowing the effects of Alzheimer s to building healthy bones, extra virgin olive oil is unrivaled in its natural goodness. With detailed research and findings from doctors, medical researchers, nutritionists, and chefs around the globe, The 7 Wonders of Olive Oil explores the role olive oil plays in the Mediterranean diet, covers tips for cooking with, buying, and storing the green nectar, and most of all, reveals its seven amazing health benefits including: Anti-inflammation Cancer prevention Skin rejuvenation Healthy bones Alzheimer s disease prevention Reduction in risk for diabetes Stroke and heart attack prevention.



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