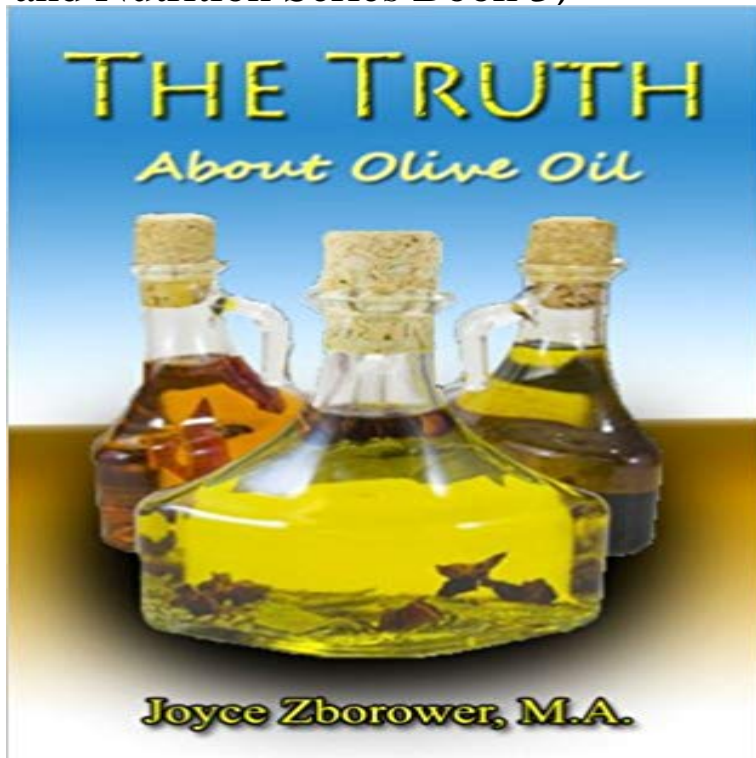


## The Truth About Olive Oil: Benefits -- curing methods -- remedies (Food and Nutrition Series Book 3)



The Truth about Olive Oil Benefits curing methods -- remedies Forward by Jim Henry President Texas Olive Ranch Executive Director Texas Olive Oil Council The Truth about Olive Oil is NOT a cook book. There are no recipes for cooking in the Mediterranean style. There are no pizza recipes. If anything, you could say this book is about a celebration of the benefits the lowly little olive showers on those who embrace its many flavors and colors by using it both internally (by eating it) and externally (by rubbing it on their skin and in their hair). Its health giving benefits (anti-oxidant and anti-inflammatory properties) are legendary and can be traced back to its earliest uses well before the time of Christ. In the pages of this book, I hope to stimulate further interest in the use of olives and olive oil by presenting various how to do it scenarios that are practical and fun. For instance, making table olives is an easy and fun thing to do that takes very little actual doing on your part. Most of the curing time can be spent by your doing other things while the curing medium does the job of making the fruit edible. I provide specific instructions on how to do this. And what about getting olives from your own tree(s) pressed so you can enjoy home-grown olive oil? You might think that only commercial growers can do this. Well, I found two commercial olive oil processors who will accept your smaller loads of olives, combine them with other small loads, do the pressing and the bottling and return the resultant oil to you on a prorated basis. In addition, I tell you about the various grades of olive oil and what they mean to you in terms of their nutritional value. I think you'll be quite surprised at what you discover. The external uses of olive oil (and some internal uses as well) all involve using this liquid as a form of folk remedy. Its a skin lotion to soothe rough chapped elbows or lips; its a diaper

rash cure; its a massage oil for easing aches and pains; its a lot of things and weve only just scratched the surface. There are more inside the book. What youll get out of reading this book is a greater appreciation for this elixir that can enhance your life and health in ways you may never even have thought of. So, if youre interested in checking out the first several pages of The Truth about Olive Oil , scroll to the top of this page and click the books cover in the Look Inside This Book area on the left side of the page. Or, if you know you want to see them all, click the Buy button on the right for an immediate download. You can be reading the full book within the next two minutes. Other information about The Truth About Olive Oil Genre cooking, Mediterranean, low cholesterol Tags -- olive oil nutrition, benefits of olive oil, curing olives, olive oil benefits, does olive oil go bad, olive oil for skin, extra virgin olive oil Reviews -- The Truth About Olive Oil was originally published in August of 2012. Since then it has accrued many wonderful reviews by its Amazon purchasers and currently (Dec. 7, 2013) sports an overall 4 stars from 12 reviews. Scroll down to view all of these reviews. Here is an excerpt from inside this book (not the same as the Look Inside This Book excerpt: ... Nothing in Nature is pure! Ordinarily we automatically think of pure as a good thing, so when discussing pure in relation to things we put in our mouths and swallow, it may be difficult to turn our thinking 180 and realize that, if we need edibles to be as close to Nature as possible, and we do, we dont want pure. Pure = no health benefits no enzymes no phytochemicals no micro-nutrients. In other words, to borrow a concept from one of my other books (How to Eat Healthy), pure = pica, a non-nutritious edible...

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I love cooking and learning about food so I know a few facts regarding olive oil. **The Truth About Olive Oil -- Benefits, Curing Methods, Remedies** May 4, 2015 The Truth about Olive Oil Benefits curing methods -- remedies Forward by Jim Henry President Texas Olive Ranch Executive Director Tex. **The Truth About Olive Oil: Benefits - Curing methods - Remedies** Link to my Amazon page: <http://MIKKpJ> -- MYSTERIES/SHORT to turn your craft into your business -- FOOD/NUTRITION

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