



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

Cal Orey

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"A fascinating read--olive oil is not only delicious--it is good medicine!" --Ann Louise Gittleman, Ph.D.

"One of our most important foods. This book deserves to be in everybody's home library." --Elson M. Haas, M.D., author of *Staying Healthy with Nutrition*, 21st Century Edition

Discover Olive Oil's Extraordinary Powers!

Revised and updated, this indispensable book reveals why chefs, doctors, and nutritionists all love extra virgin olive oil, a key ingredient in the Mediterranean Diet--and why other healthful oils from vegetables, fruits, and nuts are not far behind. You'll find easy recipes for satisfying foods like Pizza Baguettes with Garlic Oil, Fudgy Coconut Oil Brownies, Honey-Citrus-Olive Oil Fruit Kabobs, and Macadamia Nut Oil Cookies. Also included: home cures that beat colds and reduce pain, beauty and household secrets, and pet care tips that really work!

Deliciously healing surprises. . .

The art of using olive oil for mind, body, and spirit goes back 6,000 years. Hippocrates, "the father of medicine," used olive oil in over 60 healing remedies.

New research confirms that olive oil can help lower the risk of heart disease, cancer, and type 2 diabetes, and it can stall age-related diseases.

Combining olive oil with other oils (like coconut and macadamia nut oils), can help combat fatigue, infections, and insomnia, and help you fight fat and shape up!

Bring on the butter--especially the right kind and right amount. When paired with oils, this twentieth-century "forbidden" saturated fat is a new twenty-first-century health food.

"Orey gives kudos to olive oil--and people of all ages will benefit from her words of wisdom." --Dr. Will Clower, CEO Mediterranean Wellness

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Enrique Flora:

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Richard Holeman:

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