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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.

Green Nectar

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This book reinforce my love for olive oil. The takeaway I gain is to have 3 tablespoon of extra virgin olive oil on daily basis. The 7 wonders to summarise them are: 1. Natural anti-inflammatory and helps with arthritis 2. Prevents cancer 3. Beautify skin 4. Great for bones 5. Slows down

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Alzheimer 6. Reduce diabetes 7.

The 7 Wonders of Olive Oil: Stronger Bones, Cancer ...

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Section of 7 Wonders is based on scientific research where we talked to the researchers involved in various studies. The seven amazing health benefits include:

- Anti inflammation
- Cancer Prevention
- Skin rejuvenation
- Healthy bones
- Alzheimer's disease prevention

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Stronger Bones Cancer

Learn All About the 7 Wonders of Olive Oil with Alice ...

Ignore other labels for olive oil; they are not as tasty and as healthy as the pure unadulterated juice of the olives.

Alice: So many people think that you cannot cook with olive oil. That is, of

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The Mediterranean cultures have been

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Using olive oil in their diet since antiquity and olive oil has been traded throughout time. The Olive tree is the symbol of peace and victory and the symbol of the Greek Goddess of wisdom, Athena. Olive trees were native to Asia Minor and spread to the rest of the Mediterranean from 6000

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Bones, Cancer ...

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Stronger Bones Cancer

Prevention Higher Brain

The 7 Wonders of Olive Oil: Stronger Bones, Cancer ...

With detailed research and findings from doctors, medical researchers, nutritionists, and chefs around the globe, The 7 Wonders of Olive Oil

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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

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Reduction in risk for diabetes Stroke and heart attack ...

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Miracles of the Green Nectar by Alice Alech, Cécile Le Galliard English | January 10th, 2017 | ISBN: 1942934734 | 226 pages | EPUB | 7.89 MB
Jeanne Calment, who lived to be 121, credited one thing for her long life: olive oil.

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