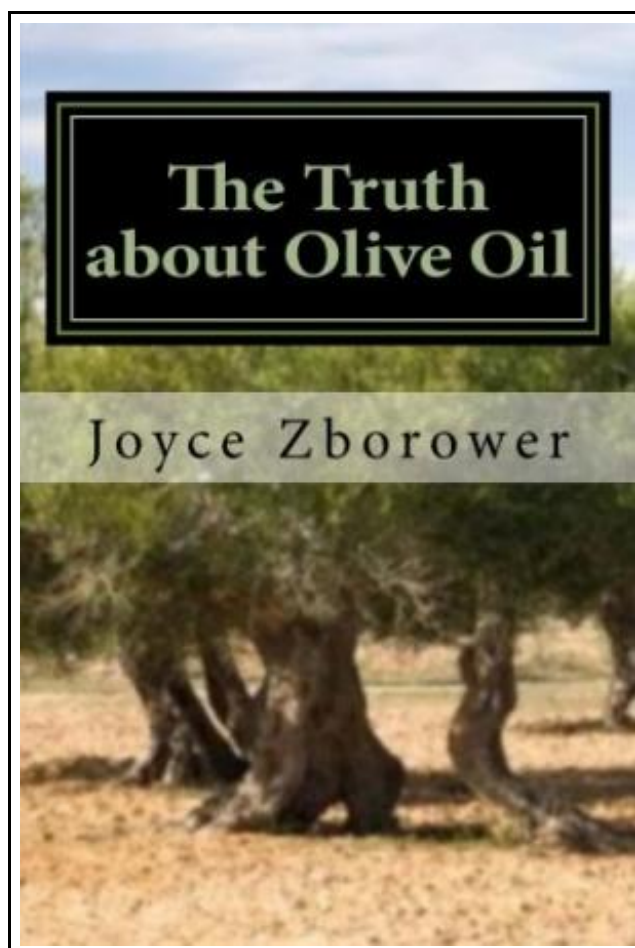


## The Truth about Olive Oil Benefits -- Curing Methods -- Remedies



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 66 pages. Dimensions: 8.9in. x 5.8in. x 0.3in. The Truth about Olive Oil with a FORWARD by Jim Henry, President Texas Olive Ranch, Executive Director Texas Olive Oil Council -- is 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 and classifications 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....



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