

EVOO reigns supreme

Extra virgin olive oil is one of the most nutritional superstars.

According to Harvard Medical School:

“Extra-virgin olive oil is one of the key components of the Mediterranean diet, which has been widely touted for its heart-protecting effects among other health benefits”.

‘Extra virgin’ means that the olives were pressed without high heat or chemicals, preserving the antioxidant chemicals known as polyphenols, which may also have helpful anti-inflammatory effects.”

So with this one delicious food, you can help lower harmful LDL cholesterol, discourage blood clotting that can trigger a stroke, tamp down inflammation in joints and throughout your body, and even bring down high blood sugar levels associated with weight gain, prediabetes, and diabetes. And you can do this all in a 100% natural, non-pharmaceutical way from the mountains of Greece at your home.

Superfood indeed!

