

ANTECEDENTS

Quality olive oil is important.
Quality oils will taste and smell different

Quality oils have olives that are picked just a few days to a week before ripeness when polyphenols are at their peak

The fresher the better = 1 month from picking; 3 months from pressing.

TRIGGERING EVENTS

Know what to buy!!

Don't trust the "buy date"

Quality olive oil will state the "pressed" date and it should be within a 3-6 month window

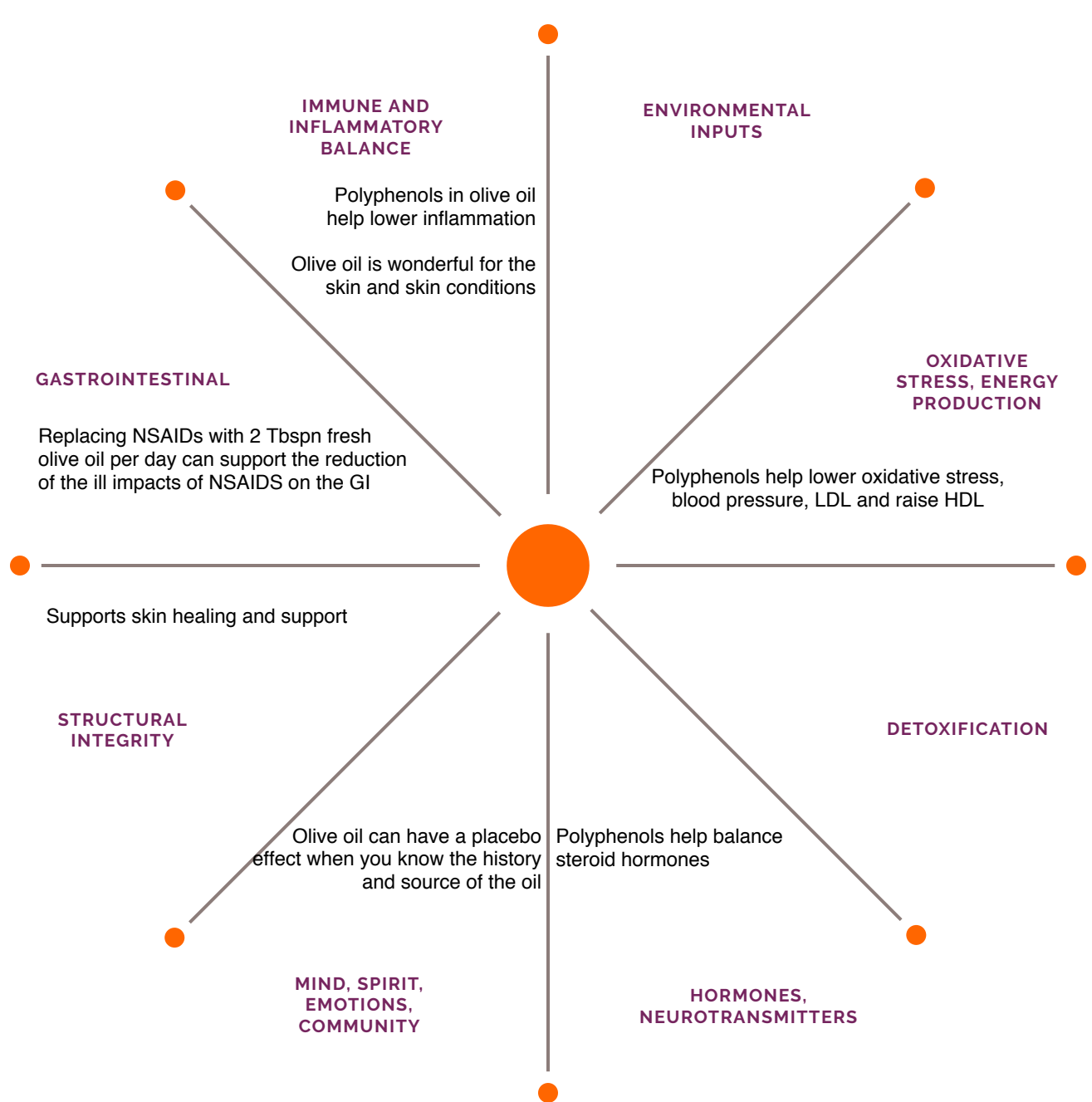
PDO or DOP - European certification
COOC - American certification

MEDIATORS

+ Lowers:
oxidative stress
LDL
high blood pressure
inflammation

+ Raises:
HDL

+ Balances:
steroid hormones



SLEEP/RELAXATION

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

* Tasting method:
Swirl, sniff, slurp and swallow
* Warm up to body temperature which release the wonderful aroma and taste.
Heat point - 357F/ 190C
* Try 2 Tbspn/day for results

STRESS/RESILIENCE

Can replace NSAIDs to avoid the stressors on the body from that exposure

RELATIONSHIPS/NETWORKS

A very highly valued commodity in the Mediterranean and the Middle East