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Let's Talk Family.

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*High-res cover photo available

How Can Olive Oil Significantly Improve Your Health?

Groundbreaking book explores the 7 key health benefits of olive oil.

SANGER, Calif., September 22, 2016– Which single ingredient is proven to fight cancer, lower cholesterol, and slow the progression of Alzheimer's disease?

In the groundbreaking book *The 7 Wonders of Olive Oil*, olive oil experts Alice Alech and Cécile Le Galliard combine in depth research by internationally renowned doctors, nutritionists, chefs, and other specialists to uncover the benefits behind the miracle ingredient olive oil.

Their research has led them to discover how olive oil naturally:

- Slows Alzheimer's Disease
- Reduces the Risk of Strokes and Heart Attacks
- Strengthens Bones
- Works as an Anti-Inflammatory
- Reduces the Risk of Diabetes
- Kills Cancer Cells
- Protects, Rejuvenates, and Beautifies Your Skin

The chapter on the external benefits of the green nectar shows the effects of olive oil on our skin and includes simple DIY olive oil beauty aids. The book also has a special section on how to purchase, taste, cook with, and store olive oil. The authors discuss the importance of buying the best quality of extra virgin olive oil, which in turn will give readers the best quality of life. Favorite recipes have been hand selected by the authors and are included in the section on cooking with olive oil.

About the Authors: **Alice Alech** writes for the *American Olive Oil Times*, which covers olive oil features, news, and updates from around the world. She covers news on the business of olive oil in France, enjoying the contact she has with olive oil producers and specialists. She is also a qualified X-ray technician, keen to promote- healthy living. She is the self-published author of *An Olive Oil Tour of France*. Besides olive oil, Alice Alech is also interested in wine and French Culture. She is a regular contributor to WineFrog, the American online wine journal. Find her at alicealech.wordpress.com.

Cécile Le Galliard is a French expert in olive oil tasting. She is a recent graduate from the University of Jaén (Spain) in virgin olive oil tasting. She was selected by the International Olive Oil Council as the French candidate for the training and is now recognized as a skilled professional in her field. Cécile is now a web journalist on <http://www.jusdolive.fr/> and works as a consultant in olive oil, specializing in the creation of oil cellars, training, and tasting.

About the Publisher: Familius is a family and parenting media publisher devoted to creating content that helps build strong values and happy families. As a digitally savvy, multi-media publisher, we share our family-driven content in multiple formats, including print, e-books, videos, apps. Let's Talk Family. <http://www.familius.com>



Book Details:

Title: *The 7 Wonders of Olive Oil: Stronger Bones, Cancer Prevention, Higher Brain Function, and Other Medical Miracles of the Green Nectar*

Author: Alice Alech and Cécile Le Galliard

Publisher: Familius

Publication: January 10, 2017

Price: \$16.95

ISBN: 9781942934738

Paperback , 176 pages

***Available from bookstores, online booksellers and_**
www.familius.com