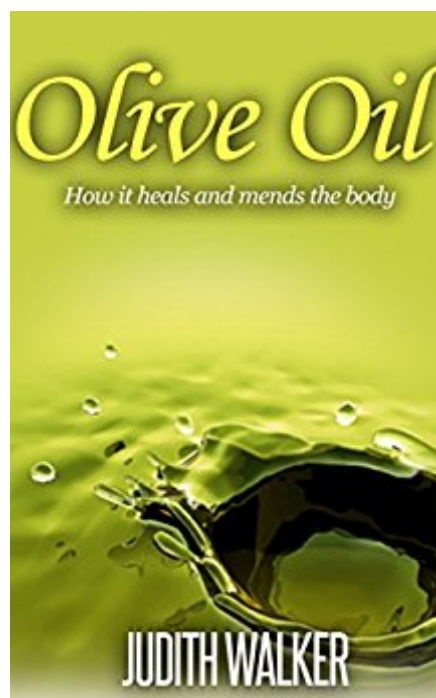




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Olive Oil: (Free Gift EBook Inside!) How It Heals And Mends The Body, Beauty And Health Tips Of Olive Oil (55 Beneficial Tips On How Olive Oil Can Help You Today)



Synopsis

When it comes to health products, few foods offer the myriad of benefits that are available in olive oil. Although this superfood is a common kitchen product, it has been a part of some of the world's most famous cultures. From ancient Greece to modern Italy, this healthy fat has remained a mainstay in the Mediterranean diet. It offers benefits that range from the diet to makeup applications.

Book Information

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> Diets > Low Fat

Customer Reviews

This was a very easy to read and to the point book. No story telling other than what and how it's used. I would recommend it to everyone for quick reference. I did not give it a five only because it could have used some pictures to help understand the method for example the candle light, masks and some others. Other than that it was great.

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