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# La Verdad acerca del Aceite de Oliva: Beneficios - Métodos de curado - Remedios (Spanish Edition)

*Joyce Zborower M.A.*

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Joyce Zborower M.A.
La Verdad Acerca del Aceite de Oliva Fotos: Black & White Prefacio Por Jim Henry PresidenteTexas Olive Ranch Director Ejecutivo Texas Olive Oil Council No es un libro de cocina. No hay recetas para cocinar al estilo mediterráneo. No hay recetas de pizza. Si algo se puede decir, es que este libro es una celebración de los beneficios que la humilde aceituna ofrece a sus usuarios, a aquellos que abrazan sus muchos colores y sabores, usándola tanto interna como externamente (comiéndola o frotándola sobre la piel o el pelo). Sus beneficios para la salud (sus propiedades antioxidantes y antinflamatorias) son legendarios y sus primeros usos pueden rastrearse hasta una época bastante anterior a Cristo.

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