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The most powerful oil for your health

Dear friends of health,

When I was little, my brothers and sisters some Sundays we accompany our father, a native of the Cevennes, near Uzes in the Gard (South of France), to recover the olive oil for the family. She had a beautiful green color, and when it flowed over salad or asparagus to the last drop of liquid gold, we made her feel and feasted in his palace of flavors. He did not know all the benefits of olive oil for the health of everyone.

I focus on these treasures are polyphenols discovered thanks to advances in analytical techniques for the various components of olive oil. They allow to understand and select the best qualities based extraction methods, modes of culture and geography. We are no longer 3000 years Before Christ !

Olive oil is generally the main source of fat intake in the Mediterranean diet [1], associated with goats cheese and / or sheep cheese. Here is the evidence for both specialists all of you who wanted to know what there is good and useful for health in olive oil.

Invited by my colleague from Fez, the Dean of the Faculty of Science, Professor Benlemlih to preface his excellent scientific book [2] on the subject, I wanted to see for myself olive groves in a rocky area and rude to the Moroccan Atlas.

The olive tree has to suffer to give the best of himself. The extreme heat and dryness (52 ° C), the rocky soil that prevents taking root: they are the optimal conditions of panic and suffering for the olive tree. At the time of sunset after a hot day, the olive is at the maximum level of stress and takes its green-red-purple color. There she is produces the maximum of polyphenols, powerful antioxidants for your body.

It is in these conditions that is produced oil "**OLIVIE PLUS 30X**" one of the best olive oils for health. Given its qualities (and price), I rather consider it as an elixir. It's not a phony oil generously you will water your dishes with. It is produced in very difficult conditions, so yields are low, but the quality is exceptional. This explains its price - OLIVIE PLUS 30X is unfortunately not accessible to all budgets.

I admire the work of its producer. He also created the capsules of this oil in concentrated form: **Olivie Force / Olivie Rich**. I often cite these three products as an example in this letter, especially as they have been the subject of numerous studies. But I want to emphasize that I do not receive any commission and that I have no agreement with the producer. My priority is to

help you discover what is there better for your health. And to my knowledge, "OLIVIE PLUS 30X" is the best olive oil for your health.

It has a powerful taste because it is high in polyphenols which rates well above compared to those oils from countries around the Mediterranean: Italy, Spain, Greece, France and Tunisia.

Olive oil is, in general, the main source of fat intake in the Mediterranean diet, [3] associated with goat cheese and / or sheep. Here is the evidence for both specialists all of you who want to know what there is good and useful for health in olive oil.

What are the best olive oils?

Whatever its origin, olive oil is the queen of vegetable oils. We do not eat enough of it. The Greeks still plenty water their foods with olive oil. This good practice is encouraged by studies that confirm the value of the "Mediterranean diet".

We must drop all industrial derived oils. Due to their mode of production, they do not provide the health benefits of traditional oils.

The oils should be neither refined nor heated and cooked even less. Olive oil is the most resistant to heat, it does not burn until 210 °C and other oils which excludes before frying, cooking in a hot oven, overly heated stoves ...

The overall composition of the best vegetable oils and their leaves

Olive oil contains 56-84% oleic acid and 3-21% of an essential fatty acid, linoleic acid, which is an omega-6 fatty acid.

In addition, the oleic acid / linoleic acid drop with the maturation of the olives.

For optimal health, omega-6 olive oil must be associated with omega-3. You can find omega 3 in fish or meat labeled blue-white-heart [4], because the animals are well fed and receive flaxseed which provide omega-3.

Minor components of olive oils can differentiate, giving flavor, color, stability, and avoiding deterioration.

Olive oil contains squalene and beta carotene, a precursor of vitamin A. Together they give olive oil its green and yellow.

It is also rich in vitamin E. Vitamin E gives the olive oil its green chlorophyll pigments. OLIVIE PLUS 30X contains up to 5 times more vitamin E compared to a standard oil, or 120 mg / kg.

Alpha-tocopherol, vitamin E, olive oil, is an antioxidant that protects the good cholesterol (LDL).

Finally, the olive oil is very rich in polyphenols.

Polyphenols: who are they and where do we find them ?

They are also called "biophenols". They are mainly responsible for the stability of the olive oil. They are part of the phenolic compounds among which are:

Polymers (tannins and anthocyanins that resemble those found in red wines).

Phenolic monomers dominated oleuropein (main phenolic compound of olive leaves).

The phenolic alcohols Hydroxytyrosol and Tyrosol.

Hernirik and Fritsche (2004) [5] analyzed 23 samples of olive oil extra virgin from different countries (Italy, Spain, Greece and Tunisia). The results showed a large variation in the concentration of total polyphenols in oil.

In fact, the composition and concentration of phenolic compounds in olive oil are strongly influenced by several agronomic and technological factors such as cultivar, geographical area and climate, the season of harvest and maturity index olive fruit, a production process and irrigation.

It is therefore difficult to require the oil bottle carries on his mention of its detailed composition label. However, it is good to know all the treasures it holds.

Oleuropein (main phenolic compound olive leaves) and its derivatives are the major phenolic compounds found in all olive oils.

The Tyrosol and Hydroxytyrosol compounds are in free form or bound to another said acid "elenolic" to form oleocanthal and Oléopentandial sometimes called Oléioceine.

This product is linked to the Hydroxytyrosol elenolic acid, it is as powerful as oleocanthal.

As said above, I had the opportunity to visit the olive groves located in southern Morocco. There are olive trees planted in rocky soil, pollution-free zones and industrial-free zones, where there is almost no rain. So they undergo heat stress at a temperature above 50 °C in summer, which explains the high concentrations of polyphenols in this oil.

The roots of these olive trees do not have enough space to grow because of the massive rocks (limestone and flint) flush with the floor. The olive tree triggers a survival mechanism which we can use for our health.

It thus produces abnormally high amounts of antioxidants (polyphenols) to defend himself. It remains to reap 100% naturally from the leaves of these trees, young branches, and olives of these trees planted in the middle of rocky desert.

Results of international tests of a super-concentrated oil

Made in international certified laboratories, deep-in analysis provide the numerical evidence (see table below).

The comparative rates of Hydroxytyrosol from Tyrosol and Oléopentandial in 22 classical samples of olive oils from Italy, Spain, Greece and Tunisia bring proof that OLIVIE PLUS 30X has up to 30 times more polyphenols (hydroxytyrosol and Oléopentandial) or at a concentration 30 times higher than in any oil in the world (1360mg / kg).

Then we are dealing with a true food supplement for specific health indications.

Table: Concentration of the major phenolic compounds Olivie More 30x and a standard oil [4] mg / kg.

Components	OLIVIE PLUS 30X	Standard oil
Total Polyphenols	2840	236
Hydroxytyrosol	233	13
Oleopentandial (derived from oleuropeine, and Hydroxytyrosol linked)	1360	51
Tyrosol	78	13

Concentrated in capsules by physical techniques without added chemicals or preservatives, is obtained OLIVIE FORCE or OLIVIE RICH. The dose of polyphenols is then 2000 times stronger than conventional oil. It also contains vitamins (A, B1, PP, C, D, E and K), and minerals.

The dialdehyde Oleuropein and its derivatives, belong to the flavonoid family. The Oleuropein is extracted over the olive oil of the olive leaf.

Hydroxytyrosol is present in olive oil standard rate of 7 mg / kg; 1000mg per liter in vegetation waters (representing 50% of the water obtained when the olives are crushed) and in olive leaves at the rate of 219 mg / kg. It is present in more OLIVIE PLUS 30X has 233mg / kg and OLIVIE FORCE or OLIVIE RICH has 17 200 mg / kg or 17.2 g / kg).

The Tyrosol is the natural phenolic antioxidant present in both the olive oil and the olive leaves. It is also present in the white wine.

The Oléopentandial (also called Oléiocéine) is a highly bioavailable compound, well absorbed from the intestine into the bloodstream found. In fact, the strong lipophilic (fat loving) the Oléopentandial, relative to its parent molecule (the Oleuropein) suggests that this compound is more bioavailable for intestinal absorption. [6] Furthermore, Oléopentandial showed good stability under acidic conditions during the gastric simulation [7] in vitro, reaching considerable blood levels in humans (ranging from 1 to 18 microM).

The antioxidant activity of Oléopentandial against reactive oxygen species and nitrogen has been demonstrated in vitro, using various experimental models [8].

It is present in more in OLIVIE PLUS 30X at 1360 mg / kg.

Oleocanthal very phenolic antioxidant compound is very close Tyrosol. It gives the extra virgin olive oil, freshly pressed, slightly peppery taste (tingling sensation in the throat).

The fate of polyphenols in the body and their antioxidant

After gastrointestinal absorption, especially in the small intestine, 100% of Hydroxytyrosol and Tyrosol appear quickly in the blood. They are distributed in all body tissues, including the brain, as capable of crossing the blood-brain barrier to protect brain cells. They are totally eliminated in the 3rd hour.

Eliminated rate, 30% in the urine, depend on the amount absorbed.

The power of antioxidant polyphenols

If polyphenols have antioxidant power, they can play a protective role and even preventive aging, they stop the spread of oxidation.

The antioxidant is scientifically evaluated by ORAC meaning "Oxygen Radical Absorbance Capacity" is the ability to absorb free radicals. We speak of free radical scavengers.

The best-known antioxidant substances are:

polyphenols wine and olive oil

Vitamins C and E

Glutathione would be the king of antioxidants. [9]

Comparison of the antioxidant power of polyphenols Olive 30X more expressed for specialists in micromoles TE / g (micromoles troloxequivalents (TE) per 100 g) gives the following results for molecules present in plant foods of Mediterranean diet:

Hydroxytyrosol = 40000

Resveratrol = 20000

Nuts = 13000

Oleuropein = 11000

Green tea epicatechin = 8000

Bunch of grapes extract = 6000

Fresh plum = 6000

Red wine Cabernet Sauvignon 4500 =

Fresh pomegranate = 4500

Fresh strawberry = 4300

Fresh Granny apple with skin = 3800

Vitamin C = 2000

Green tea - leaves infused = 1200

All experimental studies using red blood cells, intestinal cells in culture that remain exposed to oxidative particular risk, so to premature aging, are protected by the polyphenols in olive oil, especially since it is highly concentrated in polyphenols.

The report Omega 3 / Omega 6 essential fatty acids

To bring balance in essential fatty acids, Omega 3 / Omega 6, the ideal is to add to your diet a small ration of oils rich in omega 3.

Obviously the first oil pressure cold: Soybean with 8% of Omega 3, Rape cheapest with 9% of Omega 3, or too expensive, Walnut with 10% Omega 3, with Nigella 23% of Omega 3, the camelina with 45% of Omega 3, the Perilla with 65% of Omega 3. Always accompanied by a large ration of olive oil.

In my next letter, I will discuss in detail the incredible benefits of polyphenols to our health. They help prevent dozens of diseases, including cancer, Alzheimer's, diabetes, various autoimmune diseases, AIDS, and cardiovascular disease.

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