

17 facts, views and tips on olive oil

Blog post 7/13

9. The traditional Mediterranean diet and lifestyle has been shown to be very healthy, which is also evident from the high life expectancy of people living in the Mediterranean. Traditional Mediterranean foods, other personal nutritional tips and lifestyle advice from my own experience complement my list of tips for healthy living and eating that I now present below:

- ☞ Olive oil abundantly and daily
- ☞ Fresh, unprocessed foods, such as fruit and vegetables abundant and daily
- ☞ Bitter foods like: Olives, artichokes, rocket, radicchio, chicory, endive salad, Puntarelle alla Romana, bitter melon (also known as bitter cucumber), Jerusalem artichoke, aubergine cabbage, dill and burdock roots, endive, Sesame seeds, cumin, dandelion leaves, fenugreek, saffron, turmeric, dark chocolate, watercress, frisée, broccoli, rapini, pomegranate, bitter orange, grapefruit. At least one of these foods should be eaten daily, because bitter foods help digestion and can help the body absorb certain nutrients. Eaten at the beginning of a meal, bitter foods can stimulate the appetite and peristalsis (the muscle activity that aids digestion). Another important effect of these foods is that they stimulate the liver to produce bile.
- ☞ Swedish Bitter: This bitter spirit with 40% alcohol goes back to a Swedish doctor who lived to be 104 years old. The ingredients are: angelica root, calamus, gentian, ginger, marshmallow, manna (from the manna-ash), bomberry peel, saffron, nutmeg and nutmeg blossom, peppermint, cinnamon, cloves, sage and wild mallow (cheese poplar).
- ☞ Herbs and spices without restriction
- ☞ Daily use of hot spices and foods such as chilli, wasabi, mustard, or horseradish - hot food is healthy, which is due to the positive effect of capsaicin. It has been proven that capsaicin, the pungent in chillies, has some health-promoting properties.
- ☞ Yoghurt and cheese several times a week
- ☞ Fish and seafood twice a week, preferably those that have a short lifespan. Because of the mercury pollution of the oceans, fish with a high life expectancy have a correspondingly above-average concentration of mercury in their bodies.
- ☞ Poultry once a week
- ☞ Red meat twice a month
- ☞ Maximum four eggs per week
- ☞ Wine for eating in company, but not every day and please don't drink out of frustration - wine must be enjoyed.
- ☞ Beer at barbecues and in the beer garden

- ☞ At least two litres of water a day
- ☞ wholemeal bread, a few slices a day
- ☞ Less salt and sugar
- ☞ Dine with family and friends as often as possible
- ☞ KISSING, hugging, touching - every day
- ☞ Living happily, thinking positively, being physically active, doing sports and making love
- ☞ Be hardworking and productive
- ☞ The 8/16 principle (8 hours eating and 16 hours fasting) is not a Mediterranean wisdom. Since in Mediterranean regions, when the sun shines for a long time in summer, it is still very warm in the evenings, dinner is usually not begun there until between 8 and 10 pm. But from a certain age on it is very important to actively support the body, because the body's own hormones no longer do their job optimally. The 8/16 principle can therefore be very important for a long and healthy life. Exceptions are necessary as long as one does not exaggerate. Once a week you can feast to your taste.
- ☞ Curative fasting has a tradition going back thousands of years and is intended to purify body, mind and soul. Healing fasting is used by healthy people to lose weight but also for certain illnesses. Therapeutic fasting is a form of fasting that goes back to the physician Otto Buchinger. It can be used both for health prevention and for the therapy of certain diseases. According to Buchinger, therapeutic fasting is not only effective on a medical level, but also on a psychosocial and spiritual level. These three dimensions together form an inseparable unit. Buchinger therefore also spoke of a "diet of the soul". My wife and I underwent a three-week therapeutic fast at the Birkle Clinic in Überlingen. Every day we were busy with various programme items such as sport, culture and mediation from 7 am to 5 pm. You come back home like newborn. In general: You must not let yourself go, you must pay attention to your diet and stay physically active. Therapeutic fasting is then additionally recommended: at least once a year for a fortnight. This prolongs your life.
- ☞ **LIVE IN THE PRESENT!**

The health-giving characteristics of olive oil are an important argument for its use. But before that is the purchase of the oil. In the next article I will therefore give you some advice on selection criteria and the shelf life of the oil.

DO YOU HAVE ANY QUESTIONS, SUGGESTIONS, ADVICE, MESSAGES, PROPOSALS?

PLEASE CONTACT US.

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