

— EXTRA VIRGIN — OLIVE OIL

IT'S SOOO GOOD FOR YOU

Extra virgin olive oil offers health benefits for the whole body.

Total body

- Reduces inflammation.

Cancer

- Cuts overall cancer risk.
- Lowers risk of breast cancer.

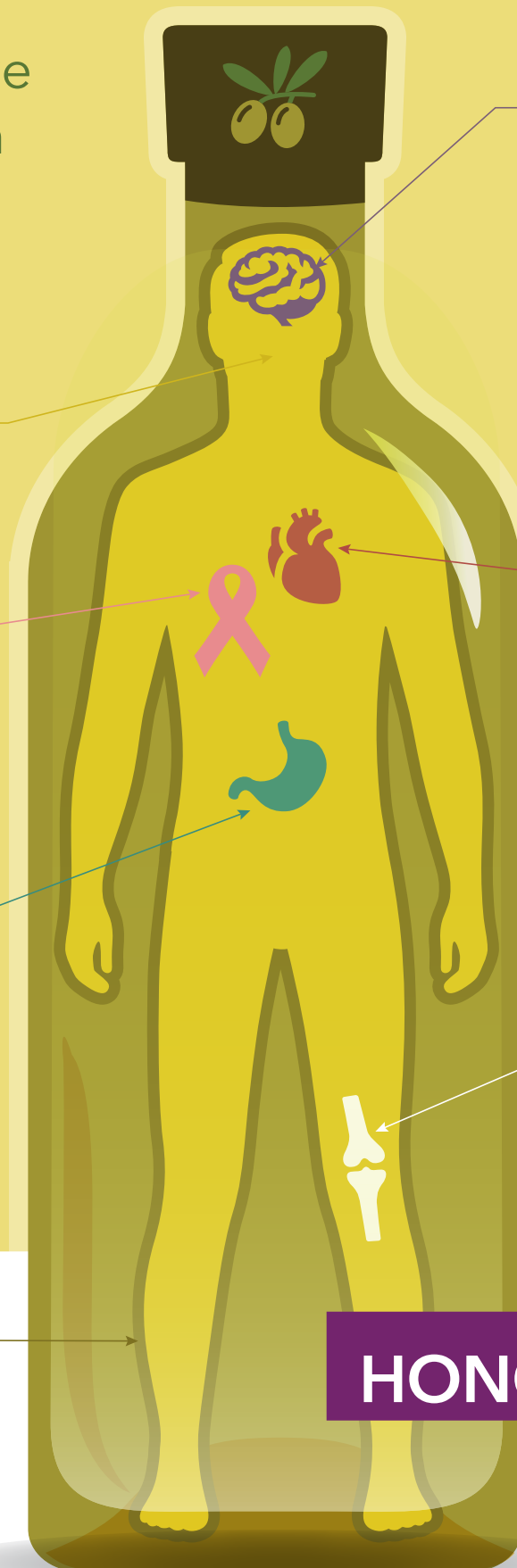
Weight

- Aids in weight loss/management.
- Regulates blood sugar.
- Balances insulin levels.

Skin

- Moisturizes skin from within.

Source:
Terri Taylor, RD, HonorHealth



Brain

- Improves brain function.
- Reduces risk of stroke.
- May reduce the risk of Alzheimer's disease.
- Enhances fetal brain development in pregnant women.

Heart

- Lowers blood pressure.
- Decreases bad cholesterol.
- Improves cardiovascular function.

Bones

- Reduces risk of osteoporosis.

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