



Protect Against Cognitive Decline, Dementia and Alzheimer's



The lifetime risk of developing dementia after age 55 is **42%**, more than double the risk reported earlier. Scary!

Nature Medicine, January 13, 2025. Researchers from NYU Langone Health and Johns Hopkins Bloomberg School of Public Health analyzed data from 15,043 participants in a community-based, prospective cohort study. They found that the lifetime risk of developing dementia after age 55 is **42%**. Much higher than previous estimates.

Today, 60% of Americans, children and adults, suffer from one or more chronic conditions. Up 700% from the 1930s. Obesity rates have reached 40% and continue to climb. Life expectancy in the U.S. declining, despite (or caused) by all of our technological advancements.

National Association of Chronic Disease Directors, Commentary on Chronic Disease Prevention in 2022 (Archived)
CDC, Obesity and Severe Obesity Prevalence in Adults: United States, August 2021-August 2023
WHO, Life Expectancy and Healthy Life Expectancy

Daily Bread Dipping

Studies keep rolling in.

Small, consistent changes in daily habits often lead to significant health improvements. Two or three tablespoons of "high-quality" Extra Virgin Olive Oil each day may help prevent a long list of ailments including Dementia and Alzheimer's. Daily bread dipping may be the easiest, most convenient, and powerful way to meet the two-three tablespoon recommendation for High Antioxidant Extra Virgin Olive Oil.

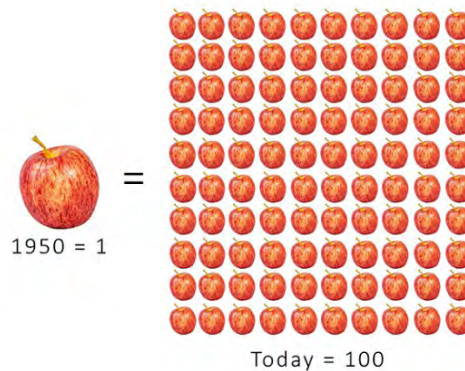
Michael Mendizza

Not only is our food contaminated with pesticides and chemicals.

Environmental Sciences Europe: over **8.6 billion kilograms of glyphosate**, **8.6 million tons** have been applied globally since 1974. This is in addition to all the other chemicals and toxins dumped in the environment.

Growing evidence links soil health and human health. To match the nutritional content of one apple in 1950, you would need to eat **about 100 apples today**.

To get the same amount of vitamin C from one apple 65 years ago, you would have to eat 100 today. You would need 21 oranges to find the same concentration of vitamin A as our grandparents found in only one. Broccoli in 2015 has 4 times less calcium as 60 years ago! This is due to the decline in nutrient levels over the years, largely attributed to changes in chemical agricultural practices.



The claim that you would need to eat about 100 apples today to match the nutritional content of one apple in 1950 is often attributed to a report by Brian Halweil, a researcher at the Worldwatch Institute. This report, titled "Still No Free Lunch," discusses how the nutritional quality of fruits and vegetables has declined over the decades due to factors like soil depletion, changes in farming practices, and the selection of crop varieties for higher yields rather than nutritional value.

"70 Years of Nutritional Decline: Today's Fruits and Vegetables are Lacking in Vitamins and Minerals" - This article, published in the *Journal of the American College of Nutrition* and the *American Journal of Agricultural Sciences*, highlights consistent declines in the amount of protein, calcium, phosphorus, iron, vitamin A, riboflavin, and vitamin C over the past 70 years.

"Declining Fruit and Vegetable Nutrient Composition: What Is the Evidence?" by Donald R. Davis - This study, published in *HortScience* (2009), summarizes evidence pointing toward declines in nutrient concentrations in fruits and vegetables over the last 50 to 100 years.

"An Alarming Decline in the Nutritional Quality of Foods: The Biggest Challenge for Future Generations' Health" by Raju Lal Bhardwaj et al. - This review article, published in *Foods* (2024), discusses the decline in food quality and the decrease in essential minerals and nutraceutical compounds in fruits, vegetables, and food crops over the last 60 years.

Soil Degradation and Nutrient Deficiency: Degraded soils often lack essential nutrients, which can lead to crops with lower nutritional value. This can contribute to dietary deficiencies and related health issues in humans.

Soil Contaminants: Polluted soils can contain harmful chemicals and heavy metals that can enter the food chain. Long-term exposure to these contaminants has been linked to various chronic illnesses, including cancer and neurological disorders.

Microbial Imbalance: Healthy soils host a diverse microbial community that can benefit human health by enhancing the nutrient content of crops and providing beneficial compounds. Conversely, degraded soils may harbor pathogens that can cause diseases.

Environmental Impact: Soil degradation can lead to environmental issues like reduced water quality and increased air pollution, which can also have adverse effects on human health.

Making things worse, about 60% of the American diet consists of processed foods, including soda, fast food, packaged foods, frozen meals, sweets, cereals, and canned soup. These foods are often high in sodium, added sugars, and artificial additives while offering limited nutritional value. Consuming a high percentage of processed or fast food can lead to several health impacts, both in the short-term and long-term.

Short-term Impacts:

Spike in Blood Sugar: Fast food often contains high levels of refined carbohydrates and sugars, leading to rapid spikes in blood sugar levels. This can cause energy crashes and increased hunger.

Increased Blood Pressure: High sodium content in fast food can lead to elevated blood pressure, which can strain the cardiovascular system.

Inflammation: Meals high in saturated fats can increase inflammation throughout the body, potentially triggering conditions like asthma.

Digestive Issues: Lack of dietary fiber in fast food can cause constipation and other digestive problems.

Long-term Impacts:

Weight Gain and Obesity: Fast food is calorie-dense and can lead to significant weight gain over time. Obesity is a risk factor for many chronic diseases.

Heart Disease: High levels of unhealthy fats and sodium in fast food can increase the risk of heart disease, heart attacks, and strokes.

Type 2 Diabetes: Frequent consumption of fast food can lead to insulin resistance and an increased risk of developing type 2 diabetes.

Nutritional Deficiencies: Fast food often lacks essential nutrients, leading to deficiencies that can impair immune function, energy levels, and overall health.



I found that dipping with fresh organic bread and my favorite balsamic is the perfect midday snack. It is quick, easy, convenient, and satisfying. Some of the higher 'robust' antioxidant rich extra virgin olive oils however, taste bitter and peppery. Dipping with bread and a delicious balsamic, is like Marry Poppins singing, "A spoon full of sugar helps the medicine go down..."

Of course, this Healthy Habit isn't just for Grandma. Invite pregnant moms, dads, teens and all the kids. Studies show positive results of high antioxidant extra virgin olive oil with those suffering from autism spectrum, ASD. Everyone can improve their life deliciously, one dip at a time. See the studies below.

Let's get started. Try our convenient premixed tasters with High Antioxidant +500ppm EVOO and our most savory balsamics; Aged Mission Fig, Blackberry Ginger, Lavender, Blueberry, or Neapolitan Herb, Pomegranate, Rich Raspberry and Traditional.



Each taster offers two daily servings. A four pack will keep you going all week. Try them all.

Then, pick two or three flavors that keep calling you back.

You will want our large 750ml size of EVOO and medium 350ml for balsamic.



We love what we do.

The fine print:

High-quality extra virgin olive oil (EVOO) is packed with health benefits!

Here are some well-proven ones:

PS: A disturbing revelation published in Nature Medicine, scientists have documented a 50% increase in brain microplastic concentrations over just eight years, with the average human brain now harboring approximately 7 grams of microscopic plastic particles. Brain samples from individuals with confirmed dementia showed dramatically higher microplastic concentrations.

1. **Memory Loss and Cognitive Decline**
Extra virgin olive oil (EVOO) can ward off memory loss and cognitive decline, protecting the brain from related conditions such as Alzheimer's disease, dementia and memory loss.
2. **Rich in Healthy Fats:** EVOO is high in monounsaturated fats, particularly oleic acid, which can reduce inflammation and oxidative stress. See the study citations below.
3. **May reduce the symptoms associated with Autism ASD.** See the study citations below.
4. **Antioxidant Powerhouse:** EVOO contains powerful antioxidants like polyphenols, which help protect your cells from damage and reduce the risk of chronic diseases.
5. **Stroke Prevention:** Some studies suggest that EVOO may reduce the risk of stroke due to its beneficial effects on blood vessels. Published; **The PREDIMED Study (2014):** in **BMC Medicine**, this study included **7,216 participants at high cardiovascular risk** and found that higher consumption of EVOO was associated with a **39% reduction in cardiovascular disease risk** compared to a control low-fat diet. Also, **The Nurses' Health Study and the Health Professionals Follow-Up Study (2020):** Published in the **Journal of the American College of Cardiology**, this study followed **61,181 women and 31,797 men** over 24 years and found that higher olive oil intake was associated with a **14% lower risk of cardiovascular disease** and an **18% lower risk of coronary heart disease**.
6. **Cancer Protection:** The antioxidants in EVOO may help protect against certain types of cancer. **Hunter College Study (2019):** Published in **PLOS ONE**, this study found that certain extra-virgin olive oils, particularly those rich in oleocanthal, were able to kill human cancer cells in vitro without affecting normal cells. The researchers suggested that oleocanthal-rich olive oils could potentially be used to target cancer cells. Also, **International Journal of Molecular Sciences (2023):** This review article highlighted the antioxidant and anti-inflammatory properties of oleocanthal, a polyphenol found in EVOO. The study suggested that these properties could contribute to the prevention of chronic diseases, including cancer.
7. **Weight Management:** Healthy fats can help with weight management and may reduce the risk of obesity. Published in **The Lancet** in 2015, by **Dr. Michael Aziz and colleagues**. This study found that higher-fat diets, particularly those rich in healthy fats like monounsaturated and polyunsaturated fats, led to significantly greater weight loss compared to lower-fat diets. The researchers suggested that healthy fats can help with weight management by increasing satiety and reducing overall calorie intake¹.
8. **Blood Sugar Control:** EVOO can help regulate blood sugar levels, which is beneficial for people with type 2 diabetes. Published in **Nutrients** by **Vijay Kumar Malesu and colleagues (2025)**. This review examined how bioactive compounds in olive oil influence the expression of genes regulating **Type 2 Diabetes Mellitus (T2DM)**. The study highlighted that olive oil's bioactives improve glucose metabolism, reduce inflammation, and support beta-cell function, offering a natural approach to managing blood sugar levels.
9. **Antibacterial Properties:** EVOO has been shown to have antibacterial effects, which can help fight infections. The study published in **Frontiers in Pharmacology** by **Marisa Di Pietro and colleagues (2022)**. This study evaluated the antimicrobial activity of extra-virgin olive oil (EVOO) and its components, such as oleocanthal and oleacein, against drug-resistant bacterial strains. The results showed that EVOO-based formulations had promising antibacterial effects, particularly against **Staphylococcus aureus** and **Escherichia coli**.
11. **Anti-Aging**
Polyphenols found in olive oil are known to be powerful antioxidants which may help to reverse oxidative damage that occurs in the aging process. The study published in **Antioxidants** by **Monica Bucciattini et al. (2021)**. This review article highlights the **antioxidant and anti-inflammatory properties** of polyphenols found in extra-virgin olive oil (EVOO) and their potential to **reverse oxidative damage** associated with aging and chronic diseases

12. **Cancer**
The phytonutrient oleocanthal mimics the effect of ibuprofen in reducing inflammation, which can decrease the risk of breast cancer and its recurrence. Published in *Nature* in 2005 by **Gary K. Beauchamp, Russell S. J. Keast, and colleagues** from the Monell Chemical Senses Center. The researchers discovered that **oleocanthal**, a compound found in extra-virgin olive oil, inhibits cyclooxygenase enzymes (COX-1 and COX-2) in a manner similar to ibuprofen, providing a natural anti-inflammatory effect.
13. **Type 2 Diabetes**
A diet rich in olive oil reduced the risk of type II diabetes by 46% percent compared to a low-fat diet. Published in **PREDIMED trial in Cardiovascular Diabetology** by **Jesús F. García-Gavilán et al. (2023)**.
14. **Stroke**
Individuals who consume olive oil daily had a 41% lower risk of stroke compared to those that did not use olive oil. **British Journal of Nutrition** meta-analysis by **Martínez-González et al. (2014)**. This meta-analysis combined data from case-control, cohort, and intervention studies, and found that olive oil consumption was associated with a **41% lower risk of stroke**.
15. **Keeps the Heart Young**
A diet rich in olive oil may actually improve arterial function of elderly individuals. Published in **JAMA Network Open** by **Anne-Julie Tessier, PhD, and colleagues (2024)**. This study examined data from the **Nurses' Health Study** and the **Health Professionals Follow-Up Study**, and found that daily consumption of olive oil was associated with **improved arterial function** and a **lower risk of cardiovascular events** in elderly individuals. **The PREDIMED Study (2014)**: Published in **BMC Medicine**, this study included **7,216 participants at high cardiovascular risk** and found that higher consumption of EVOO was associated with a **39% reduction in cardiovascular disease risk** compared to a control low-fat diet. Also, **The Nurses' Health Study and the Health Professionals Follow-Up Study (2020)**: Published in the **Journal of the American College of Cardiology**, this study followed **61,181 women and 31,797 men** over 24 years and found that higher olive oil intake was associated with a **14% lower risk of cardiovascular disease** and an **18% lower risk of coronary heart disease**.
16. **Osteoporosis**
Olive oil has a positive affect the thickness of bones. Published in the **European Journal of Medical Research** by **Dalia M. Badary et al. (2022)**. This study found that a combination of olive oil and **Lepidium sativum** (a type of garden cress) improved bone mineral health and increased cortical bone thickness in rats with dexamethasone-induced osteoporosis.
17. **Depression**
Higher intake of olive oil and polyunsaturated fat is associated with a lower risk of depression. **SUN Project** conducted by researchers from the universities of Navarra and Las Palmas de Gran Canaria. Published in **Public Library of Science (PLOS)**, the study followed **12,059 volunteers over six years** and found that higher intake of olive oil and polyunsaturated fats was associated with a **lower risk of depression**.
18. **Cholesterol**
Daily consumption of olive oil helps reduce total cholesterol and increase high-density cholesterol (HDL- C), which has a protective effect on blood vessels.
19. **Metabolic Syndrome**
Metabolic syndrome is a combination of abdominal obesity, high blood pressure, abnormal cholesterol, and high blood sugar. A new study found that a Mediterranean-style diet, which includes olive oil, can reduce the risk of metabolic syndrome. **Diabetology & Metabolic Syndrome** by **Hongxuan Fan et al. (2023)**. This study examined participants from the National Health and Nutrition Examination Survey (NHANES) and found that adherence to a Mediterranean-style diet was associated with **lower all-cause and cardiovascular mortality** in patients with metabolic syndrome.
20. **Natural Painkiller**
The antioxidant called oleocanthal, found only in extra-virgin olive oil, has a potency similar to Ibuprofen in inhibiting the enzyme that causes pain and inflammation. **Nature** in 2005 by **Gary K. Beauchamp, Russell S. J. Keast, and colleagues**. The researchers discovered that **oleocanthal**, a compound found in extra-virgin olive oil, inhibits the cyclooxygenase enzymes (COX-1 and COX-2) in a manner similar to ibuprofen, providing a natural anti-inflammatory effect.
21. **Skin Cancer**
Consuming olive oil appears to counter the oxidizing effect of the sun. Published in **Public Library of Science (PLOS)** by **French researchers** in 2012. This cross-sectional study included **1,264 women and 1,655 men** aged 45-60 and found that a higher intake of monounsaturated fatty acids from olive oil was associated with a **lower risk of severe photo-aging** due to sun exposure.

And more:

22. **Harvard T.H. Chan School of Public Health Study** - Published in **JAMA Network Open** in 2024, this study analyzed data from over 92,000 adults and found that consuming at least 7 grams (about half a tablespoon) of olive oil per day was associated with a **28% lower risk of dementia-related death** over a 28-year period.

23. **Medical News Today Report** - This report highlights a study that analyzed health records from 1990 to 2018 for over 92,000 adults. The study found that participants who consumed half a tablespoon of olive oil daily had a **28% lower risk of dying from dementia** compared to those who rarely or never consumed olive oil.
24. **Healthline Article** - A study presented at the NUTRITION 2023 conference found that incorporating more olive oil into the diet was linked to a **28% lower risk of dementia-related death**. The study involved dietary questionnaires and death records from more than 90,000 Americans over 30 years.
25. **Neuroprotective Effects of Olive Oil: A Comprehensive Review of Antioxidant Properties** - Published in the journal **Antioxidants**, this review article provides a comprehensive analysis of the neuroprotective potential of olive oil. It examines the chemical composition of olive oil, including key antioxidants like oleuropein, hydroxytyrosol, and oleocanthal, and explores the mechanisms by which these compounds provide neuroprotection.
26. **Olive Oil's Impact on Brain Health and Dementia Prevention** - This article from **Epainassist** discusses a study that found a potential link between daily consumption of olive oil and a decreased risk of mortality from dementia. The study emphasized the importance of olive oil within the Mediterranean diet and its independent association with reducing the risk of fatal dementia.
27. **Cleveland Clinic Health** - This article discusses the various health benefits of EVOO, including its high antioxidant content and anti-inflammatory properties. It mentions that EVOO is associated with decreased inflammation, a lower risk of heart disease, and protection against cancer.
28. **International Journal of Molecular Sciences** - A review article provides a comprehensive overview of the efficacy of EVOO and its phenolic compounds in preventing and treating Alzheimer's disease.
29. **Bond University Research** - A double-blind, randomized, controlled, cross-over study (OLIVAUS) examined the antioxidant and anti-inflammatory effects of high polyphenol EVOO compared to low polyphenol EVOO in healthy adults. The study found that high polyphenol EVOO improved antioxidant status and reduced markers of inflammation, especially in adults with high cardiometabolic risk.

These studies demonstrate the significant health benefits of high antioxidant extra virgin olive oil, particularly in reducing inflammation, improving antioxidant status, and potentially preventing neurodegenerative diseases like Alzheimer's.

<https://health.clevelandclinic.org/benefits-of-olive-oil?form=MG0AV3>

<https://www.news-medical.net/news/20240212/Olive-oils-secret-weapon-against-Alzheimers-phenolic-compounds.aspx?form=MG0AV3>

<https://research.bond.edu.au/en/publications/extra-virgin-olive-oil-high-in-polyphenols-improves-antioxidant-s?form=MG0AV3>

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2818362?form=MG0AV3>

<https://www.health.harvard.edu/staying-healthy/harvard-study-high-olive-oil-consumption-associated-with-longevity?form=MG0AV3>

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<https://www.health.harvard.edu/mind-and-mood/can-a-spoonful-of-daily-olive-oil-ward-off-dementia-death?form=MG0AV3>

<https://www.medicalnewstoday.com/articles/olive-oil-improves-brain-health?form=MG0AV3>

<https://www.psychologytoday.com/us/blog/your-brain-food/202002/your-brain-olive-oil?form=MG0AV3>

<https://www.medicalnewstoday.com/articles/olive-oil-improves-brain-health?form=MG0AV3>

Regarding Autism Spectrum Disorder

30. **Natural Antioxidants: A Novel Therapeutic Approach to Autism Spectrum Disorders** - Published in the journal **Antioxidants**, this review article discusses how natural antioxidants, including those found in EVOO, may help counteract inflammation and oxidative stress in individuals with ASD. The study suggests that incorporating antioxidant-rich foods like EVOO could potentially alleviate some symptoms of ASD.
31. **High Phenolic Extra Virgin Olive Oil Influences the Gut-brain Axis in Individuals Diagnosed with Autism Spectrum Disorder** - This study explores how high phenolic EVOO can positively impact the gut-brain axis, potentially improving behavior and reducing symptoms in individuals with ASD.
32. **Oleocanthal, an Antioxidant Phenolic Compound in Extra Virgin Olive Oil: A Comprehensive Systematic Review of Its Potential in Inflammation and Cancer** - Published in **Antioxidants**, this systematic review highlights the anti-inflammatory and neuroprotective properties of oleocanthal, a key antioxidant in EVOO. The review suggests that oleocanthal may have potential benefits for neurodegenerative diseases like ADAD.

<https://www.mdpi.com/2076-3921/9/12/1186?form=MG0AV3>

https://www.researchgate.net/publication/370584728_High_Phenolic_Extra_Virgin_Olive_Oil_Influences_the_Gut-brain_Axis_in_Individuals_Diagnosed_with_Autism_Spectrum_Disorder/fulltext/6457940b97449a0e1a822403/High-Phenolic-Extra-Virgin-Olive-Oil-Influences-the-Gut-brain-Axis-in-Individuals-Diagnosed-with-Autism-Spectrum-Disorder.pdf?form=MG0AV3

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