

BEYOND HEALTHTM News

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PRODUCT REVIEW

Bariani Olive Oil

Upon realizing that the term “extra virgin” on olive oil labels is no assurance of good oil, and especially after learning that some supposedly good brands have been seriously adulterated, Beyond Health set out to find an estate bottled olive oil that does it all right. This meant finding an estate bottler that uses no pesticides and makes olive oil essentially the same way the ancient Greeks and Romans did. After some considerable effort, we found what we were looking for. Bariani is a small, family-run, California producer of unrefined oil. They grow their own olives, harvest them by hand, wash them carefully, press them with a stone wheel within 48 hours of harvesting, and use only the first cold press of top quality olives. Then they package their oil in a light-protective colored bottle. Bariani retains all the natural flavor, fragrance, and color. *This is real olive oil!* It's the same as our ancestors ate,

which contributed to their good health. Very little oil is produced this way. It's a rare find. Bariani oil is cloudy, as it should be. Filtered oils remove components that are beneficial to the stability of the oil, to your health, and to the flavor. Whereas other oils are stable for only a couple of months, Bariani is stable for a couple of years because none of its natural antioxidants are removed.

As usual, Beyond Health has found the best of the best and is making it available to you, along with our other selections, all in one place. The entire Beyond Health staff has been invited to be present at the next pressing, and we are looking forward to it. Bariani is a product that all BHN readers should have in their kitchens, and bottles of Bariani make precious gifts! So what are you waiting for? Call now and order some at 800-250-3063.