

Health & Wellness



Holman Ranch Extra Virgin Olive Oil - A Unique Blend of 6 Varieties

By John Benton
Staff Writer

Nestled in the beautiful Carmel Valley is a destination that is virtually unparalleled. Established in 1928, Holman Ranch, Where the Past is Always Present, is a beautifully renewed historical venue, perfect for weddings, birthdays, and corporate events. Their specialty is privacy: with only one event hosted at any given time, your event is truly YOUR event. No one else will be around to encroach upon your special time.

Holman Ranch is also an award-winning, highly acclaimed estate vineyard. Their 21 acres of fully estate-grown varietal grapes reside in the perfect climate for growing Pinot Noir and Pinot Gris. They grow, process, and bottle all their own wines, which are available to the public through their wine club, online, or at their tasting room on East Carmel Valley Road.

On a south facing hill of the vineyard is also a unique little olive grove, packed with a hundred trees of 6 varieties (cultivars), Frantoio, Leccino, Mission, Caratina, Pendolino, and Picholine. First planted in 1994, they were relocated to the rich shale of Holman Ranch in 2007. Using only organic practices during the whole life of the olives, Holman Ranch workers harvest by hand in December and then mill right away to yield the most flavor.

Holman Ranch Extra Virgin Olive Oil is now available. It is a unique and balanced blend of all 6 varieties. Being cold-pressed, the temperature during processing never exceeds 120° F, the oil retains all of its color, flavor, and nutritional value. High in antioxidants, extra virgin olive oil is oil that has been produced without any solvents or chemicals.

For my first taste, I dipped some sourdough into the oil alone. I found that Holman Ranch Extra Virgin Olive Oil has a slightly nutty, rich flavor. It didn't need any added spices to be enjoyable. It was very clear with a slightly green color. I then used it to sautee onions and garlic and then pan fried some pork chops. The oil heated evenly and had a pleasant aroma. I only added a bit of sea salt, but the oil really brought out the flavor of the meat. Although many would say extra virgin olive oil should not be used to cook with, Holman Ranch olive oil did not turn bitter when heated.

I am by no means an expert chef, but I do cook a lot and enjoy fine dining. Holman Ranch Extra Virgin Olive Oil offers the full spectrum to foodies. Cold, as a drizzle or dip, it is very tasty and rich. For cooking, it cooks evenly and brings out the flavor of

Sugary Drinks Boost Cancer Risk

The added sugar in your diet may be a big reason you're not feeling well. And that's not all -- your sugar intake also puts you at risk for diabetes, heart disease and obesity.

A study of postmenopausal women found those who drink a lot of sweetened beverages have a 78% greater risk of estrogen-dependent type I endometrial cancer (the most common form) compared to women who don't consume such liquid sugar bombs.

And we've known for a long time that anyone who drinks a lot of sweetened beverages is at increased risk of obesity, heart disease and type 2 diabetes. Drinking one can of sugary soda a day can increase your diabetes risk 18% and added sugars fuel the growth and spread of prostate and breast cancers.

So what's a trick for giving beverages a flavor boost and a touch of sweetness, so they're part of your healthy choices for a younger age? *Cinnamon*. It tastes and smells great and one study found taking a 500mg capsule of cinnamon twice a day for 90 days significantly lowers A1C levels (a measure of your blood sugar levels for the past 3 months).

Cinnamon also lowers lousy LDL cholesterol and triglycerides, increases good HDL cholesterol and decreases BMI and weight. Try it in coffee or tea, on cereal and whole-grain toast and add it to casseroles, stir fries and roasted veggies.

By Michael Roizen, MD, and Mehmet Oz, MD

the food. If you are looking for an amazing gift for the holidays, to impress your guests at an upcoming dinner party, or simply to up your olive oil game at home, then give Holman Ranch a try. You will love it.

For more information about Holman Ranch or to shop for their amazing olive oil, visit them at www.holmanranch.com
Courtesy Photo: Holman Ranch, nestled in the beautiful Carmel Valley

1960's Quick Jell-O pudding

Kids love this for dessert, or on the weekend, after school, great anytime! It is quick and easy, and the kids can even help! 1 pkg Jell-O, any flavor and 1 cup vanilla ice cream. Prepare 1 package Jell-O as directed, using the boiling water method. Place in the refrigerator until it begins to thicken. Beat with electric mixer on highest speed. Once it is all fluffy, add 1 cup vanilla ice cream by spoonfuls and continue beating. Keep in the refrigerator until ready to use. Makes 5 servings.

Pumpkin Pie Energy Bites

Eating one or two Bites for dessert satisfies sweet cravings without any guilt, since they are also healthy for you. The right mixture of dates, pecans, pumpkin puree, and coconut flakes gives the balls an almost cookie dough-like texture as you bite into them.

This mixture also loads each bite with fiber, antioxidants, and nutrients. These easy pumpkin pie energy bites are vegan, gluten-free, and required absolutely no baking.

Once the ingredients are blended together in the food processor, put the dough in the refrigerator. That way it will be easier to work with and shape into balls. Once the balls are formed, you could also roll them in additional chopped nuts or coconut flakes if desired. Then store them in an airtight container in the refrigerator.

Ingredients

1 cup pitted Medjool dates
1/2 cup pecans
1/3 cup pumpkin puree
1/4 cup unsweetened coconut flakes
2 tsp vanilla
1 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp ground cloves
Pinch of salt

Instructions

1. Place the dates into a small bowl and cover with water. Let soak for 10 minutes, then drain.
2. Place the pecans into a food processor and pulse until finely ground. Add in the rest of the ingredients, including the soaked dates. Pulse until combined. Adjust the spices to taste. Place into the refrigerator for 30 minutes to chill.
3. Use your hands to form the dough into small balls. Store in the refrigerator in an airtight container. Servings: 16 balls.
Rebecca Bohl (PaleoGrubs.com)

Foods Full of Sugar

Whole-wheat crackers, 8
Up to 12 grams sugar
Tomato basil soup, 1 can
Up to 13-22 grams sugar
Energy drinks, 8-ounce bottle
Up to 21-30 grams
Yogurt, single serving-size cup
(usually 6 ounces)
Up to 25-34 grams of sugar
Vanilla almond milk, 1 cup
Up to 14 grams of sugar
Teriyaki marinade
Up to 8 grams sugar
Hot cereal, 1 envelope instant
Up to 7-12 grams
Dark chocolate, 1 bar
Up to 16-21 grams

IHOP's *Chicken and Spinach Salad* has as many calories as 6 Klondike Bars! Be Aware of hidden sugars in your foods!



Garlic, the Ultimate Antibiotic – The Superbug Killer!

Antibiotic resistant strains of bacteria are on the rise. With each new antibiotic developed out there, a stronger and more resistant bacteria develops to counter its effects. This fact begs the question: what will kill THE super-bug, the ONE that no laboratory-made antibiotic can do away with? Can that actually happen?

Unlike laboratory-developed antibiotics, garlic works as a natural antibiotic, to which bacteria do NOT develop a resistance through mutation, or antibodies to make them stronger. Garlic was found to not only kill the harder to kill super-bugs, but markedly boost the immune system's ability to fight a myriad of infectious diseases, bacterial as well as viral.

What is even more remarkable is that garlic only kills the harmful bacteria, and normally preserves the beneficial bacteria! This is not the case with conventional anti-biotics, which destroy the precious intestinal flora.

Garlic increases the number of disease fighting components of the immune system called lymphocytes, phagocytes, and natural killer T-cells. These specialized immune system cells are enhanced by garlic to do their job. Preliminary studies have even found that garlic may help combat HIV and AIDS related opportunistic infections.

Researchers have found garlic to be effective against the various common infections in AIDS, including, herpes and cryptococcus, as well as cryptosporidia, pneumocystis, mycobacteria and cytomegalovirus.

Indeed, garlic may actually obstruct the spread of HIV virus in the AIDS patient! Garlic sets in motion three cell types in the immune system's arsenal that are important in combating HIV and AIDS-related infections. A garlic compound, diallyl trisulfide, activates the natural killer cells, the Cytotoxic T-cells, (which attach themselves to microbes and secrete poisons into them), the phagocytes, (which swallow invader germs), and the lymphocytes, (which make antibodies that kill specific microbes).

To date, not all of the exact mechanisms of garlic's action, or its medicinal constituents are known. However, the interaction of three main compounds of garlic, aliin, allinase, and allicin, (when garlic is crushed), result in the creation of sulfur compounds, including diallyl trisulfide, which are key to garlic's effectiveness as a medicinal agent.

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