

Men's Journal ADVENTURE LIFE

“Yes, more good news about olive oil”



IN THEIR CONTINUING quest to prove that olive oil (along with long midday work breaks and red wine) is the key to human salvation, European scientists have shown that the oil may fight *H. pylori*, a bacterium that can cause peptic ulcers. Researcher Conception Romero and colleagues at the University Hospital of Valme in Seville found that the phenolic compounds in olive oil can kill ulcer causing bacteria and can remain intact for hours in stomach acid.

Speaking of Olive Oil:
Try Ollo (ollo.com/au);
it won the world's premier olive
oil competition this year.