

Font Design by
FontStruct

Wild Bontarfly

1

A B C D E F G
a b c d e f g

0 1 2 3 4
5 6 7 8 9

CAGE

2

A B C D E F
a b c d e f

0 1 2 3 4 5

CADE

3

A B C D E
a b c d e

0 1 2 3 4

CEDE

וְהָיָה
כִּי יִשְׁמַע

עַל-הַקּוֹל
בְּנֵי יִשְׂרָאֵל
בְּהִיטְלֵם
עַל-הַר



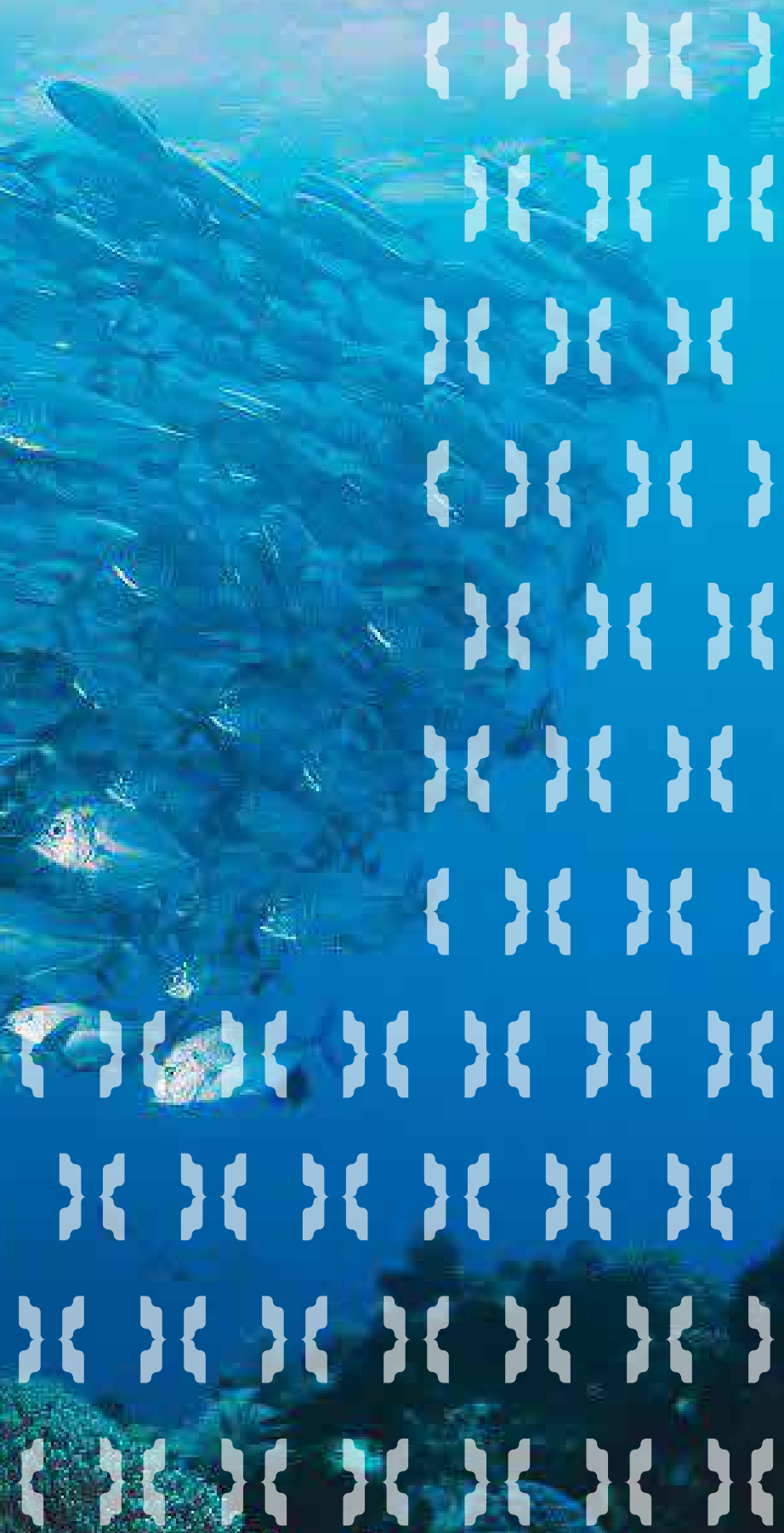


כוח הפרסום החדשני

The Power of New Advertising

הפרסום הוא כוח. כוח שמסוגל להפוך מוצר למוכר, להפוך חברה למוכרת, להפוך מותג למוכר. כוח שמסוגל להפוך מוצר למוכר, להפוך חברה למוכרת, להפוך מותג למוכר. כוח שמסוגל להפוך מוצר למוכר, להפוך חברה למוכרת, להפוך מותג למוכר.

מפוזר לרובנות





Tropical Forests

The Most Wonderful Places in the World



Olives

Health Benefits

Antioxidant Properties

- Olives are very rich in antioxidants. They may reduce oxidative damage in the body and help fight infections caused by bacteria.

Improved Heart Health

- Olives and olive oil may help regulate cholesterol and protect LDL-cholesterol from oxidation. They may also help reduce blood pressure.

Improved Bone Health

- Olive consumption may reduce the risk of bone loss and osteoporosis, but more human studies are needed.

Processing of Olives

The most common varieties of whole olives (table olives) are:

- Spanish green olives, pickled.
- Greek black olives, natural.
- California olives, ripened with oxidation and then pickled.

Because olives are very bitter, they are not usually eaten fresh. Instead, they are cured and fermented. This process removes bitter compounds like oleuropein, which are most abundant in unripe olives. The lowest levels of bitter compounds are found in ripe, black olives. However, there are some varieties that don't need processing and can be consumed when fully ripe. Processing olives may take anywhere from a few days up to a few months, depending on the method used. Processing methods often rely on local traditions, which affect taste, color and texture. Lactic acid is also important during fermentation. It acts as a natural preservative that protects the olives from harmful bacteria. Currently, researchers are exploring if fermented olives have probiotic effects in the body. This could lead to improved digestive health.