

common	the victorious in friendly games and bloody war, and the oil of its fruit has anointed the	
TROUBLED CHILDREN: Reach out to them	noblest of heads throughout history.	
GOVERNMENT PERFORMANCE: Dynamic team	Indeed, olive crowns and olive branches, emblems of benediction and purification, were ritually offered to deities and powerful figures: some were even found in King Tutankhamen's tomb.	
KLIA-EAST@LABU PLAN: It will maximise KL's	In the land of the Hebrews, King Solomon and King David placed great importance on the cultivation of olive trees. David even had guards watching over the olive groves and warehouses, ensuring the safety of the trees and their precious oil.	
More More	Now new research is showing that there is a basis to this "olive madness" of the age at least as far as breast cancer is concerned.	
Mak yong – the road ahead	A report published online on Dec 18, last year in the journal BioMed Central Cancer revealed the discovery of Spanish researchers of a suppressive effect of compounds	
Power play	found in extra virgin olive oil against breast cancer cells containing the cancer gene HER2.	
ORIENTAL WHIRL:	· I the t the	

Miriam shatters Joey's run

HER2 is amplified or over expressed in an estimated 20 to 30 per cent of invasive breast cancers. It is associated with a shorter relapse time and reduced survival.

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Lucky sparkle		
More of Miriam	Javier Menendez of the Catalan Institute of Oncology along with Antonio Segura- Carretero from the University of Granada and colleagues tested phenolic fractions of	
More	extra-virgin oil in two cultured human breast cancer cell lines, and left some cells	Dewan Rakyat web exclusive
Channels	untreated as controls.	web exclusive
Webpolls	The team found that fractions containing polyphenols known as lignans and secoiridoids	
Streets	triggered programmed death in cells over expressing HER2 protein.	
Johor Buzz		CHALLENGE YOUR THINKING SKILLS AND MAKE LANGUAGE LEARNING FUN
Sunday People	"Our findings reveal for the first time that all the major complex phenols present in extra- virgin olive oil drastically suppress overexpression of the cancer gene HER2 in human	NIEXUS NST's NIE Site for English Language Learning
Tech & U	breast cancer cells," Dr Menendez wrote.	
Goodbites		TEVT ADO
Travel	Extra virgin olive oil is produced by pressing olives without the use of heat or chemicals. This retains phytochemicals lost in the refinement process.	• It's a 30-second Commute!NEW
Spell-It-Right	This retains phytochemicals lost in the remember process.	\$\$Earn Residual IncomeFrom Home
Zoom Malaysia	When buying olive oil you will want to obtain high quality extra virgin oil. The oil that comes from the first "pressing" of the olive, is extracted without using heat.	<ul> <li>&gt;&gt;FINALLYTHE SECRETS ARE</li> </ul>
Lost n' Found		REVEALED
	It called the "cold press". The less the olive oil is "treated", the closer to its natural state,	<ul> <li>NO SellingEarn USD Weekly</li> </ul>
Blogs	the better the oil. If the olive oil meets all the criteria, it can be designated as "extra	Advertise With Us Here!
Vijesh Rai on Sports	virgin".	
Run-With-Eve	Although the authors speculated in their introduction to the article that the intake of	50 Hotels in Granada Book your hotel in Granada online. Find your hotel on a city map! www.Booking.com/Granada
Zainul Arifin	significant amounts of olive oil might be responsible in part for the association observed	
Arman Ahmad On Wheels	between the consumption of a Mediterranean diet and a reduction in breast cancer risk,	
	they note that, "the active phytochemicals (ie lignans and secoiridoids) exhibited tumoricidal (tumour killing) effects against cultured breast cancer cells at concentrations	
NSTP Papers	that are unlikely to be achieved in real life by consuming olive oil".	Olive oil tanks Stainless steel olive oil tanks The way to store
Business Times		fresh olive oil www.mgt.co.il
Berita Harian	However, they add that "these findings, together with the fact that that humans have safely been ingesting significant amounts of lignans and secoiridoids as long as they	Feng Shui Store
Harian Metro	have been consuming olives and extra-virgin oil, strongly suggest that these polyphenols	
	might provide an excellent and safe platform for the design of new anti breast-cancer	Wide selection of feng shui items Crystal for healings.
Search	drugs".	www.fengshui-supply.com
	It still makes much sense to take that "extra virgin" olive oil as regularly as you can. It is	V V Ads by Google
	safe and it really does not cost that much.	
💿 Web 🔘 NST	Datuk Dr Rajen M. is a pharmacist with a doctorate in holistic medicine. Email him at	
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### WEEKEND READ

#### Focus



## YOUR HEALTH: Drops of Jupiter

HOMER called it "liquid gold". In ancient Greece, athletes ritually rubbed it all over their bodies. Its mystical glow illuminates history.

Drops of it seeped into the bones of dead saints and martyrs through holes in their tombs.



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### YOUR MONEY: Owning your dream house

AFTER their honeymoon in Bali, Adam and Aida were back home.

They had such a good time there but now it's time for them to live as husband and wife and it will take some adjustments.

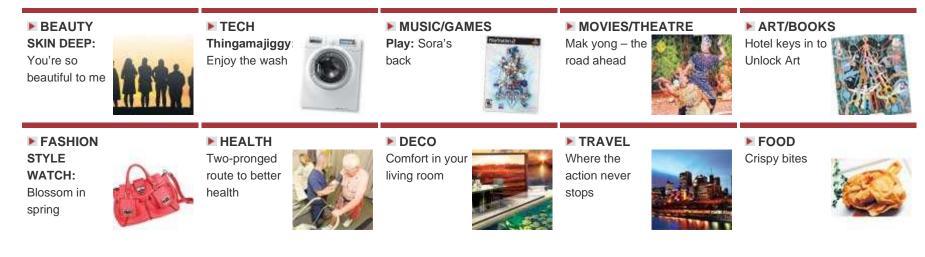


# Catching up with

## No price too high for a satisfied palate

The gloom and doom of a possible economic meltdown will not stop Chinese Malaysian in the city from dining out for what is arguably the

most important dinner of the year, writes CHAI MEI LING



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