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October 2, 2008

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Vinegar and Olive Oil: Author-Intuitive's Lean Times Forecast Hits on the Money

Last year, Author Earthquake sensitive Orey predicted during a forthcoming economic shake-up people would forego fancy processed foods and go back to Mother Nature. "More consumers are going to make a comeback with healthful home-cooking," she said. And now, her forecast is becoming a sobering reality around the nation as people cope with the global economic jolt, which include soaring food prices.

Lake Tahoe, CA ([PRWEB](#)) September 30, 2008 -- 'The Healing Powers of Olive Oil' author-intuitive Cal Orey had just finished baking a chocolate Earthquake Cake infused with olive oil (the recipe is to be used for her new health book) when she read the recent CNN.com article "Chilly Economy Fires Up Home Cooking, Experts Say". The fact is in August 2007 she predicted on [www.earthquakeepi-center.com](#), a progressive disaster preparedness website, and in a PRWeb.com press release on March 11, 2008, a recession (of sorts), was in the works for 2008.

Orey, a veteran health-nutrition journalist who also has predicted earthquakes to floods, wasn't shocked when she viewed other recent online consumer news reports. "I discovered that during an economic tsunami, people, like me, a chocoholic, seek comfort in 'sinful foods' such as dark chocolate, which actually has health and weight loss benefits, and other uses, according to past and present studies."

The sensitive disaster preparedness expert added, "This new data confirms what I have been practicing and preaching in my books on vinegar and olive oil. Embrace the heart-healthy Mediterranean diet (includes nuts, olive oil, red wine and sweets in moderation) and lifestyle (which continues to get kudos in recent medical studies). Pairing a healthful and a luxurious treat--are two secrets for happiness during the best and worst of times."

The nature-oriented author recommends using healthful, anti-deprivation recipes which include premium olive oil, red wine or balsamic vinegars, and dark chocolate with a high cocoa content. "While processed cakes, cookies, and ice creams are not healthful (usually because they contain too much sugar, preservatives, and artery-clogging fat), homemade desserts can be good for you. Also, any time you can eat fresh fruit with cookies or cake, by all means do as they do in Europe and pile on the best fruit of the season--which will also save you money."

"While lean times continue to wreak havoc on consumers' pocketbooks, it's the right time to indulge in a couple of homemade 'Chocolate Chip Oatmeal Cookies' (baked with olive oil), and 'Strawberries with Orange and Balsamic Vinegar,'" advises Orey, the author of 'The Healing Powers of Vinegar, Revised and Updated' and 'The Healing Powers of Olive Oil' (both published by Kensington and will be released in mass market edition January 2009). She concluded, "Savoring forbidden health foods during the upcoming challenging 'consumer crunch' months will help nourish your mind, body, and soul."

For more information (and to schedule interviews) go to [www.calorey.com](#) and/or contact COrey39184 @ aol.com and [www.earthquakeepi-center.com](#).

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CONTACT INFORMATION

Cal Orey
530-541-3128
[Email us Here](#)

ATTACHED FILES



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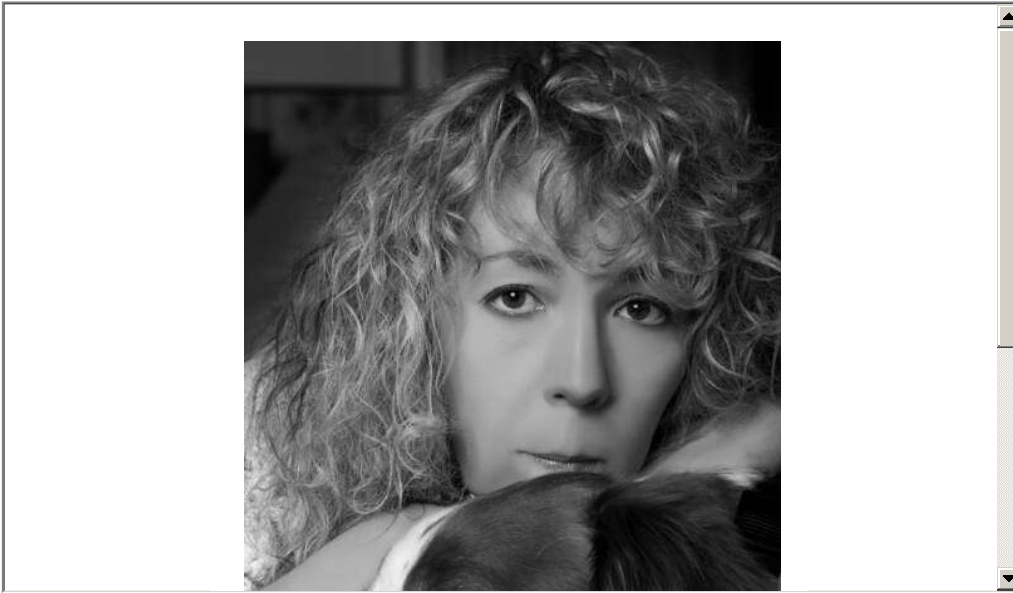
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