



#593 Olive Oil Mistakes & Secrets + Why You Need An Oil Detox with T. J. Robinson

Dr. Wendy Myers

Hello, I'm Dr. Wendy Myers. Welcome to the Myers Detox Podcast. On this show, we talk about everything related to heavy metal and chemical detoxification, health issues caused by toxins, which are thousands, and symptoms as well. We also talk about bioenergetics, anti-aging, and more advanced topics in health than you're gonna find on other shows. This is just my own personal journey and my own personal quest for knowledge that I love sharing with you so you can upgrade your life and live the healthy life that you deserve. Today, we're gonna talk about something really basic, olive oil. How to choose your olive oil and what pitfalls to avoid with olive oil. A lot of people are choosing olive oil because they wanna be healthy, they wanna avoid seed oils, but they don't realize that shopping at the grocery store for olive oil is negating all of the health benefits that people are looking for. We're gonna explain in detail all the things you wanna look for and all the boxes that you need to check in order to choose the correct olive oil.

My guest today is T. J. Robinson. He's the olive oil hunter. He travels all over the world, going to find and seek out these artisan olive oil farms or what have you, these olive oil presses, and these olive oil trees that have been around for hundreds and even thousands of years since Roman times. He gets these olive oils from all over the world. So, we're gonna talk about all of that. Olive oil is on everyone's shopping list these days. We all use it. It's been hailed as a superfood by Harvard Medical School. It's cleaned by the Mayo Clinic. It's lauded by the Yale School of Public Health and recommended by scores of MDs and health influencers for its numerous health

benefits, more and more coming out in the research. It's the cornerstone of a healthy Mediterranean diet, where we see people in the Mediterranean, Greece, and Sicily living over a hundred years.

Olive oil is a factor in Longevity and Reader's Digest. They recently ran a headline, "Use Extra Virgin Olive Oil, and You Might Just Forget to Die." But there are a lot of mistakes you can make when buying olive oil and shopping for olive oil. That's why I wanted to have T.J. Robinson on the show to talk about that and educate you. This is a really interesting show, even for you guys who think you know a lot about olive oil. Definitely pay attention. You're gonna learn a lot. Our guest today is T.J. Robinson, and he's the founder of the Fresh Pressed Olive Oil Club. He's affectionately known as the olive oil hunter. He's one of the world's foremost experts on premium, fresh-pressed, extra virgin olive oil.

He's driven by a passion for authentic flavor and uncompromising quality. He travels to family farms throughout Europe, South America, and beyond to source the finest artisanal oils at harvest peak freshness. T.J. is the founder of The Fresh Pressed Olive Oil Club, a subscription service that connects consumers with these rare, small-batch olive oil discoveries. He's dedicated to importing rare, fresh-pressed olive oil, the most flavorful and the most healthy, extra virgin olive oil on the planet until now, virtually impossible to obtain year-round in the US. All his oils are independently lab tested and certified for 100% purity. He's recognized for his deep industry knowledge. He's a trusted source among chefs, food enthusiasts, and home cooks like me. He continues to champion the benefits of fresh, high-quality olive oil through media appearances and podcasts, et cetera. You can learn more and join his fresh-pressed olive oil club at getfreshwendy.com. T.J., thank you so much for coming on the show.

T. J. Robinson

I'm so happy to be here again. It's been a while. About five years, I think.

Dr. Wendy Myers

Yeah, it has been a while. I wanted to have you come back on because I love your olive oil. I've been using it for years and years and years and years. I used to have a

little cooking show on YouTube. I was little. I was trying for like a second. I'm a foodie. I'm picky. I'm a food snob. I'm a supplement snob. So, I only want the best. That's why I'm having you on the show to talk about your olive oils and your whole story. So, why don't you tell us how you got into this, traveling around the world, looking for the best boutique olive oil growers?

T. J. Robinson

Well, it's not something you look in the mirror as a child and say, Oh, I wanna be this. It's not a fireman, a policeman, or a doctor. I, like most Americans, had no clue what amazing olive oil tasted like. I was used to commodity-level olive oil, which is what is sold in most supermarkets today. I'm a southerner. I grew up in Asheville, North Carolina, in the neck of the woods. I know you visited around here. Well, we know apple orchards, and we know visiting the apple orchards in the fall for a fall festival. I understood, being a North Carolinian as a young boy, the difference between an apple juice that I would buy in a box from the store, commodity apple juice, versus going to the local fresh-pressed apple cider festival that would happen, and we would get fresh-pressed apple cider. I was like, Oh, I knew the difference. But about 20 years ago, I discovered fresh-pressed oil for myself. I was a foodie like yourself, not so interested in health in those days. Olive oil and the science of olive oil have really caught up with this product over the last 20 years. So, I'm very excited to talk to you about that as well.

I was a food and wine writer living in New York about 20 years ago, and I got invited to Sicily. I was there on a press junket tour to discover Sicily and all the delights of Sicilian food and wine. One day, they assigned me to a family, Mateo and his family. We were gonna work on an olive farm and pick olives for the day on his family farm. We spent the day. I learned that olives are a fruit. Who knew? Back then, 20 years ago, I was like, oh, I didn't even realize they were fruit. But anyway, olives are fruits. I learned that there are so many varieties of olives all over Italy, about 550 varieties, and quite a few of them in Sicily. They're known for three or four major varieties in Sicily. So, we spent the day plucking these beautiful green fruits from a tree and putting them in bins. We loaded it back in their little Fiat Panda, that all-wheel drive car, and drove to the family mill.

It's a community mill. People get together and celebrate. This is a real harvest festival. Olive oil is part of their culture. It is part of their medicine. It's part of their food. It's a big deal. It's like running through their veins if you're an Italian. Anyway, they all get together. They're delighting in this harvest. Like I said, I learned so much that day. When it was our turn to press the olives, I stepped up to the mill with Mateo and he handed me a tasting cup. As it started to flow, this green liquid gold just started flowing into the bottom of my cup. I stuck my nose to it and it's insane. I was like, what the hell? I was so mad that I had never been introduced to this. Then we were the dumping grounds in America for crappy olive oil. I was so pissed and I was like, this moment was like my aha moment. I was like, I'm bringing this back to America. I'm sharing this with people. I brought a few bottles back in my suitcase. I was actually the first American to bring olive oil here in the bottom of a jet, bottled olive oil from Sicily. Introduced that to America, to my New York friends. They went crazy over it, and that's how the story started.

Dr. Wendy Myers

That's amazing. I've been to Italy several times. I remember trying the olive oils there, and it's just completely different. I think people don't realize that they're just eating garbage, and we'll get into some of the fake olive oils out there. That's mostly grocery stores. It's a huge problem. I have also been to Greece. I went to Crete and I saw a-thousand-year-old olive trees. The history is just amazing and they're still harvesting olives from these really, really old trees. It's just a whole different world. When it comes to olive oil, when you go to Spain and in these countries, they live for a really long time. Sicily I believe it's one of the blue zones and it is because they're eating all this olive oil every single day. Let's get into that a little bit. You mentioned science is catching up and all of the health benefits of olive oil, let's say, kind of, expand on that.

T. J. Robinson

Well, you know much more about health than I do. I'm an ex chef, so I'm a food taster, but I work with a lot of wonderful people in health and wellness. I've learned a lot from them over the years. I've also been involved with regions of the world where they're spending a lot of money at universities to discover the health benefits of olive oil. The

Mediterranean diet, as it's been sold to us, is wonderful. It's a wonderful diet. But the issue is when we try the Mediterranean diet in the US, we're not starting with the kind of olive oil that they're using in the Mediterranean. It's old. It's stale. It doesn't have those antioxidants and polyphenols. So we know that, and science has told us for years that olive oil is a healthy fat. We know that and we know it's good for cholesterol and such things. But what's been discovered are a couple compounds.

One is very much akin to ibuprofen. A scientist was studying and visiting Sicily. On one of his tours, he discovered that fresh olive oil. It was stinging the back of his throat, the way ibuprofen did in his lab back in Philadelphia. So he took a bottle back. His name is Jerry Amp. He identified a compound in olive oil that's akin to ibuprofen. So, it has anti-inflammatory properties without the side effects of ibuprofen. That's something of course they knew in the Mediterranean diet. Like you said, in Greece, they are consuming like 26 liters a year. They're smoking, they're drinking, and living to a hundred. They're eating a lot of olive oil.

Of course, we've gone on to discover that the key to this is these polyphenols, and these are plant sterols. These are the antioxidant power houses that are built into the olive tree. It's the bitterness you taste in a really high-quality olive oil. It's bitterness, it's spiciness. So, we're gonna taste and talk about those things and get your group really educated on how to identify if they're olive oil in their pantry or the olive oil they're buying. has some of those hallmark properties of high-quality olive oil. One of the things they've discovered is the antioxidants, those polyphenols decrease by about 50% in the first six months after production. Most olive oil in the US is sold by cargo boat. It's sold in bulk.

It starts as a low quality product to begin with. There's no harvest date on the bottle. There are a lot of pitfalls. A lot's changed in the last five years since we've talked about how the demand for olive oil has steadily increased and there's been a lot more fraud that's happening in olive oil as well. 60 Minutes did a great study, like research and an interview with Italian mobsters and the agro mafia and how they're coloring fake olive oil and adding seed oil. So, you really have to be an informed consumer if you want the best olive oil for your help. So anyway, I appreciate you getting me on here to talk about that.

Additionally, we've discovered gut health and lowering glycemic index. There's studies showing incredible bone health benefits and a high level of satiety that people feel with high polyphenol olive oil. There's this level of satiety that one feels that if you are doing fast or if you're just trying to watch your weight, you can increase your level of satisfaction and stay fuller longer with a high-quality extra virgin olive oil that's high in polyphenols. Unfortunately, with a polyphenol rage, there are some fraudsters out there who are selling high polyphenol olive oil. That's fake really. It's actually not labeled as extra virgin if you read the label. So, buyer beware and thank you for helping me get the word out about what the real deal is.

Ads 13:52

This show is brought to you by Bon Charge, and I wanna take a minute to tell you about one of their amazing products that I'm absolutely in love with. There's something I've been doing for about 10 minutes a day, and it's wearing a face mask, but it's not just any face mask. It's this Bon Charge red light face mask, and it's essential to my nightly skincare routine now. Believe me, red light therapy really works. It's well established in the research to improve the appearance of your skin. How it does that is it penetrates deep into the skin to boost collagen production. It reduces the size of your pores, reduces inflammation, and eases the signs of aging.

Bon Charge's red light face mask makes it so easy to take care of your skin. It's like a mini spa session every night that I'm doing. It can be used easily at home. There's no cord, so you can wear it while you're doing other tasks. Plus, the mask is totally painless and it doesn't heat up. Unlike some other beauty, anti-aging treatments, Bon Charge's red light face mask has been a game changer. It's part of my everyday skincare routine now, and I'm seeing such great results already from using this mask. My skin is more clear, it seems more plump, fresh, juicy, and my redness and dark blemishes are fading.

There's a very special offer for all of my listeners right now. My listeners get 15% off when you order from boncharge.com and use my promo code, Wendy at checkout. This discount applies sitewide. That's boncharge.com, and you'll also get free shipping and a 12-month warranty. Go now to get this exclusive offer. That's boncharge.com and with promo code, Wendy, you get. 15% off. This is one of my

secrets to super healthy young-looking skin. I'm trying to reverse the clock. I'm trying to do everything I can to anti-age and this is one of the secrets in my toolkit

Dr. Wendy Myers

It is so important because you wanna be able to get all these benefits from olive oil and a lot of the fake olive oils are not cheap either. They're not inexpensive. I've just learned over many years buying different olive oils from the grocery store and even high-end grocery stores where there's such a huge difference in the taste and the quality and the color. There are all these boxes that you need to check off when you're choosing olive oil. So, first I want to help people navigate the grocery store, the pitfalls there. Let's talk about what the 60 Minutes expose uncovered, and what's really in the bottles of olive oil that they're buying at the grocery store.

T. J. Robinson

Well part of the problem is what's sold mostly in the grocery store is a commodity product. As olive ripen on the tree, they start as very green fruits and they have very little amount of oil inside, about 10%. It's very hard to get them off the tree. It is really crazy. People like myself, there's a few of us in the world who look for green harvest olive oil. If you've traveled in Tuscany, for example, because frost hit there early, they were forced to pick their fruit really green. That led to Tuscan style olive oil, which is green and peppery and that sort of thing, which is the style of olive oil that I'm most passionate about. Now, if that fruit hangs on the tree and is sold as a commodity product by the liter or by the kilo, that fruit sits on the tree and can go for another month or so, two months and actually turn black.

As that fruit ripens, the oil quantity will increase to roughly 20 to 25%. When it's pressed, you get a lower quality olive oil with less antioxidants and health-promoting compounds. At the same time, you get double the amount of oil to sell. So, if your goal is to sell a commodity product, which is what 95%, 98% of producers are out there doing, then that's their goal. They let it hang on the tree. So, you're really starting with the bar set very low. There are tests that are performed on olive oil. If it's bottled when it's extra virgin and it's labeled that way, it may not be that way when you actually go to purchase it. It may be a year or two old at that point. So, learning to identify that sort of thing is important. At the supermarket, you're really starting

with a couple things while you're there, a couple quick tips just right off the bat, dark glass. I don't like olive oil and plastic. Plastic has a lot of nasty harsh things in it that migrate into the oil if it's sitting in plastic. So don't buy those squeeze bottles of olive oil you see online. So please don't do that because it breaks down the plastic and then the chemicals from the plastic leach into the oil. You do not want that for your health.

Secondly, dark glass. Olive oil is photo sensitive, so it will kill olive oil if it's in light. That's why most people have migrated to darker bottles. Some are in plastic, but glass is best. Also look for a harvest date on your bottle, not a best before date or a best buy date. You wanna look for a harvest date. Try to find a single origin if you can, from one farm. If you see that it has like five different countries of origin, there's no love, there's no care in that bottle, I promise you. So, those are like some really quick things. Try to find a place that has a high turnover. Try to find a place that'll let you try the oil before you buy it. Those are like just some quick tips, and then educate your own palate. That's what we're gonna talk about additionally today and how you can get a sample bottle of olive oil in your home to do your own taste test and then educate your palate.

Dr. Wendy Myers

It seems like you don't wanna buy from these big brands, these huge companies that have nationwide distribution. You're just in this mass production. You're just not gonna get that quality.

T. J. Robinson

That's right. If you're really seeking the best product. So for me, I'm the single link in the chain between the producer and my club member. I travel around the world following the global harvest. I'm traveling in the northern Hemisphere in our fall. I just actually got back from Chile, South America because in South America it's their fall now. So, we have started our harvest there, and then after that I will go on to Australia and maybe South Africa this year. Who knows? But the Southern Hemisphere Harvest is really starting. My club members get three fresh oils every three months. So, every three months you get a bottle. You use it for a month and a lot of meals and a lot of wonderful flavor in every bottle and health benefits.

Essentially, they're getting the fresh quarterly oil from around the planet. I'm the olive oil hunter. I travel around the world. I work with these small boutique family farmers that are contest winners, making competition level olive oil. There's a guide in Italy called Flo Soole, and Flo Soole ranks the top 500 olive oil producers in the world. Every year, they select the top 20 producers in the world. I'm lucky enough because I've been in the business so long and have deep relationships. For my club members, they know we're appreciators of their great stuff. I have typically about 10 of the top 20 producers in the world in the club every year.

Dr. Wendy Myers

Oh, wow.

T. J. Robinson

I'm really working, we're talking about the very best of the best people who are insane about quality. Those are the folks that we're lucky enough to support, and we're rehabbing groves around the world and changing community agriculture. We're doing a lot with our dollars beyond just getting healthy olive oil for ourselves. It's pretty cool. So again, thank you for supporting the mission as you have for a long time.

Dr. Wendy Myers

I love olive oils. I love that every quarter I get my three bottles and try the different flavors from all over the world. It's just exciting to me. One month it's Australia. Then the next one it's Chile, then it's Spain for one month, and then Italy and December you get the Italian olive oil. Everybody loves those. That's my big Christmas present with Italian olive oil.

T. J. Robinson

Well, that's just right. Italians are great marketers. There's more olive oil being bottled in Italy with Italian flags on it than is actually grown in Italy. They're buying it from Spain or other places, Tunisia, et cetera, and then putting it in a nice fancy bottle with an Italian esque label. And then there you go, you've got to be an advocate. You've got to read labels. You've got to understand where the product is sourced from to

really get all those benefits you talked about. Over the last five years, we've discovered a lot. There's a great book by a guy named Tom Mueller. He wrote a book called *Extra Virginity*. He studies fraud in olive oil throughout history from ancient times. He talked about olive oil from Spain. Most of the olive oil in our olive trees in the south of Spain, many of them were planted by the Roman Empire. They had the thirst for olive oil and they were shipping it back to Rome. There's a big hill in Rome that is basically these crushed phora, that is now an area of Rome where you can go and see all these. But there was fraud happening in olive oil back then as well. And as consumers get more turned on to finding olive oil, and there's all these other costs that are coming in, then there are finding ways for fraud. There was an article called, *the Slippery Businesses of Olive Oil in The New Yorker*. It was by Tom Mueller, and he followed up with a book.

But of course, 60 minutes, there's been a lot of fraud, and as the media hops on board, the Wall Street Journal says, don't sleep on this game changing ingredient when it comes to olive oil. The younger, the better, vibrant, flavorful oleo. Novo, which is what we're doing, Novello or oleo. Novo is a pantry. Pick me up. You should purchase pronto. And then the New York Times says, the world of olive oil is murky. Here's help for the home cook. Don't try to parse every word on the label. The keys to good flavor are seeking out the freshest oil and using it generously. Olive oil should be poured lavishly and used up quickly.

Experts say that freshness more than color or price or place of origin determines its quality. So again, all this starts to happen. That's when 60 Minutes did this expose where you talked about color before. They add colorant to the olive oil. What they did in the 60 Minute segment is showing how they made fraudulent olive oil, but actually color is not an indicator of quality. When we taste olive oil as professional tasters, we actually taste in these blue cups. This is a professional tasting cup that's used for olive oil sensory analysis color. Color is not an indicator of quality, so you don't necessarily need it. It's great to have a green, beautiful oil, but actually some olives transmit when pressing more chlorophyll to the actual oil than other olive varieties. It's a variety. It's the milling. It's the season, it's mother nature, it's fruit. So, there are a lot of variables. You can't just count on color.

Ads 26:39

I wanna take a minute to give a shout out to one of our sponsors, True Energy Skincare. They have an amazing serum that I am cuckoo about. I've been using their facial serum here for well over a year for a reason. This is just bar none my favorite product. It's very, very light. It's just a serum you'll put on under your moisturizer. And the reason I use it is because it's a frequency-based skincare. They have frequencies imprinted on this serum that improve collagen, improve elastin. Collagen is that support matrix in your skin that makes it look firm and juicy and we lose that as we age. That accelerates rapidly after we hit menopause. You lose 30% of your collagen within two years after menopause. I'm using everything I can get to improve collagen. This has over 2000 frequencies imprinted on it for skin nutrition, to help the appearance of your skin, the fine lines, the age spots, and it will smooth out the texture of your skin as well.

This has been my secret weapon that I've been using to improve my skin, look and feel healthy, like I said, for well over a year. And so, I'm not promoting this because they're a podcast sponsor. I'm promoting this because this is one of my secret weapons. I love this product and I use it every single night under my moisturizer. This has no toxic ingredients in it whatsoever. It has lots of nutritive ingredients as well. It's got fruit, enzyme extracts. It's got oat kernel extract. It's got oat beta glucans. It's got beach bud extract and it's got algae and chlorella in it as well. It has lots of great nutrition in this as well as the frequency enhancing aspects of it. Any old product can moisturize your skin. That doesn't impress me, but the results you get from this are bar none, and that is why I highly recommend it. They have a very good offer for my listeners. Go to trytrueenergy.com/wendy to get a very special deal for my listeners.

Dr. Wendy Myers

Let's talk about the issues with the seed oils, fake olive oils and this fraud that's going on. This is the biggest pitfall people need to navigate because one of the reasons you're eating olive oil is to avoid seed oils, hopefully a lot of people here are educated about that. There's a lot of information on the internet and social media about the dangers of seed oils and how it takes two years to do an oil change. Once you stop eating seed oils to get them out of their body and they're super inflammatory, they're causing the heart disease that gets estimated that if you stop eating these industrial seed oils, canola, grape seed, soybean, sunflower, et cetera, the mass-produced

ones and that they're genetically modified typically, that alone would prevent 50% of heart attacks, just that step alone. It's staggering the research that's coming out. So, talk about the fact that seed oils can be in a lot of these olive oils we're buying at the grocery store.

T. J. Robinson

Yeah, no one really knows what the statistics are on what percentage of them are fraudulent. I think most of the time we're talking about oils being stale and of low quality. This blending with seed oils happens. I think most consumers aren't savvy and reading because a lot of times it's labeled blend or it's in very small print. They're very creative on how they do it. The other way that it sneaks in is in prepared products. So, you have to really watch. There are some things that my club members do. We don't use prepared dressings in the house. We don't have any. We use a fresh squeeze of lemon or lime or orange and a drizzle of olive oil and maybe some fresh herbs if we have it, or some dried herbs. Remove prepared foods that have stabilizers in them. They have bad fats. Even if it's labeled as olive oil in a prepared food, who knows what it was downstream when they bought it and they're watching their margins, it could have been blended. You really have to be careful with prepared foods.

Also in restaurants, I never order fried food in a restaurant. I never order salad dressings in a restaurant. I actually have the oil that's back there on the counter. My wife Megan, puts that in her purse and we'd sneak that in the restaurant. We drizzle that on our salad and we ask for extra lemons for our water. We are avoiding right there. If you are getting the seed oils in a restaurant, it pays to have a little healthy olive oil with it. Somehow the body knows, and it feels good when you have health promoting oil. If you're gonna be exposed to it, expose yourself to two good things. Your body's absorbing the good thing that's there and bioavailable.

There are health benefits to taking olive oil with supplements in your smoothies, along with fat soluble vitamins, because olive oil is this beautiful delivery system. This is like a God-given tree that's given life to much of the Mediterranean and sustained health. During times of famine and everything, this tree was really counted on for medicinal purposes, and energy of this tree, peace and all those things. We want to

absorb those wonderful benefits into our body when we're consuming olive oil. So, we're really passionate about the quality of the product and then making baby steps and getting to the point where we try to eliminate and identify the fake oils. It's really hard to tell.

Professional tasters in the European Union actually certify by two methods. In my club, we have the oil third party certified. That's another thing you can look for on labels or the company you are buying from. Look for third party certification and that will keep you away from some of the blended oils or potentially blended oils. With the certification that happens in Europe, two tests are performed. One is an organoleptic assessment, which we're gonna go through together later in the call. That talks about finding defects in the oil. Their number one priority is identifying defects. What are defects? So you don't have grapefruit going into making olive oil. Olive oil is not like wine. For example, you can add 70 additives to wine and still just call it wine and sell it. You cannot do that with olive oil.

There's nothing to hide behind in olive oil. It's just oppressed fruit and that's it. These defects tell you and what professional tasters taste in these glasses or look for is to really find those defects of bad quality fruit. We're talking about fruit that's damaged by frost or fruit that is not high quality. When it was pressed, it did not rust from the tree to the mill. The mill was dirty. The tanks were dirty. It was stored too long. It's ranted. All these things that can happen in the process. So they have to certify oil as a panel of people. There's about eight people on the panel, and these judges actually do scores.

They say, okay, this has got a defect. So, it's gonna be now classified as virgin olive oil, not extra virgin. It's disqualified. Some of these things you don't really know in the first few months. It takes like six months or nine months for them to really show themselves in the bottle. People buy unfiltered olive oil thinking, that's like the healthiest raw thing. Unfiltered olive oil actually has water in it and sediment and wild yeast, and that settles to the bottom and ferments and puts a defect in your olive oil. Do not buy those super cloudy, clear bottles of olive oil with this like really thick looking olive oil. Please don't do that. That is terrible.

Dr. Wendy Myers

I've been a victim of that in California. As you live in California, there are farmers' markets and I'd be like, oh my God, the unfiltered oil has more vitamins and nutrients in it. I got sold down the river.

T. J. Robinson

No. If you get it and you consume it within a month, fantastic. At a farmer's market, I will go for it. And on the road when I'm at the moment of harvest, yes, but three, four months, no you don't want to because all that fermentation starts to happen. You get those defects. The second test that's performed is a lab test. They take the olive oil and they run it through some chemistry test that looks at the degradation and the rancidity of the fruit and the oil. So, it's gotta actually meet two qualifiers in Europe to be considered extra virgin. In the US, we're pretty much concerned about people dying of toxic fish, rotten fish and meat and eggs. People really aren't dying from olive oil. I'm saying for the most part, they're like purely hands off because people aren't dying. But we're looking for the best. We know we're not really caring about what's killing people.

UC Davis did a study quite a few years ago now, where they bought all these olive oils and they sent them to a lab. They were all labeled as extra virgin. 60% of them were not extra virgin, they were disqualified because they didn't meet the organoleptic or the chemistry panel. So, it is just knowing the good stuff and you know that now, right? You're a professional olive oil taster in your own right, because you're a club member. When you go to a restaurant and they put out the nice bread plate and drizzle on the oil, you just take a smell and you're like, that's not it. That's not olive oil.

Dr. Wendy Myers

Unless you're at a really high end restaurant, they are not spending the money on high quality olive oil. It's just not happening. They're buying the cheapest for sure.

T. J. Robinson

It's true. You love olive oil. Tell me how you use it in your kitchen. I want to hear like, what are your quick hacks? How do you get it every day? Your skin is radiant. Olive oil's amazing for skin. What are your methods? Tell me what you do.

Ads 38:06

Are you taking collagen supplements? Well check this out. Our friends at Organifi have sourced the best collagen on the planet, and you can get it with 20% off savings today too. So, what is collagen? It's the most abundant protein in our body. It's everywhere. It's in your muscles, joints, hair, skin, fingernails, everywhere. It's one of the fundamental building blocks of life. Your body uses collagen constantly to keep itself refreshed and repaired. But as you get older, especially as women that are going into menopause, you can lose 30% of your collagen within the first five years of menopause, and that starts in perimenopause as well. Your body just stops making as much of it and you start losing it, especially as your estrogen levels come down. That's why consuming collagen is such a great idea every single day. It gives your body a fresh supply to keep working at its best.

It's not only good for your hair, skin, and nails, but it helps to support your gut and metabolic health, immune system, cardiovascular strength, and all of your muscles and moving parts too. Collagen is nothing new. It's one of the oldest supplements out there. Collagen supplements have been around for quite a while now. But what makes Organifi so special is it's all about the quality. The non-organic collagen scare 16 me. They're really problematic because they can be full of glyphosate, pesticides and other chemicals that you do not wanna be taking on a daily basis. Not all collagens are the same. It can come from many different sources and the source can drastically impact its potency and effectiveness as well.

Some manufacturers just go with the cheapest stuff that they can find and then add fillers and artificial flavors and they still charge you a lot of money for that. Organifi always goes the extra mile to ensure their quality is the best. They blend five collagen types from four different sources, and they taste and test until it's perfect. And then they go even further to test for things like glyphosate residue and other sneaky toxins that can get into the mix. After passing through all of these goalposts, it finally gets the Organifi seal of approval so you can rest assured it's the highest quality and non-toxic. I love that this company is a company that I can trust that their products will be safe and effective exactly as they say they will be.

In the supplement world these days, that kind of honesty and transparency is getting harder to come by. So, if you've never tried collagen, now is a great time to start. And if you're already taking it, now is a great time to switch to a better brand. Upgrade what you're doing right now so you and your entire body is gonna love Organifi Collagen. It is something that I take on a daily basis. It's been a part of my supplement routine for the past five years, since I went into menopause, and so I can't recommend it highly enough. Now let's talk about saving you some cash as well. Here's what you do. Go to organifi.com/myersdetox and put in coupon code Myers detox to get 20% off. Go to organifi.com/myersdetox and don't forget the Myers detox coupon code as well. You'll save an extra 20% off by putting in my special coupon code Myers detox.

So, like I said, collagen's one of those things that I take every single day. It's one of the most important parts of my anti-aging protocol, the things I'm doing to fight off the clock. So for me, taking clean collagen is really important. It's hard to find, so I highly, highly recommend Organifi collagen.

Dr. Wendy Myers

Well, I do shots. I don't drink anymore. I don't drink alcohol. I do shots of olive oil in my little Texas shot glass, which I will be doing in a minute. I do try to get in some extra fats and some extra calories because I do intermittent fasting and stuff like that, but I also cook a lot. I definitely cook a few times a week. I just had a big barbecue yesterday and so I'll use it in a marinade. I'll use it on my salads. I don't do bottle dressings ever. I learned that long, long, long time ago. They're all full of GMO soybean oil typically, or canola.

I avoid those like the plague. I make lots of pasta dishes and I use it very, very, very generously. I do not hold back for sure. I'm not worried about the calories, I'm not worried about anything. I love the flavor. I wanna add a ton of flavor to whatever I'm cooking, and so, that's why I use oils. I absolutely love them.

T. J. Robinson

Well, they're great. It's that level of satiety you're talking about that it produces, and this bitterness that we taste. It's like coffee or chocolate. It's got this level of bitterness

in a high quality, high polyphenol olive oil. People ask me, well, what does it taste like compared to regular olive oil and store-bought olive oil. I'm like, well, imagine if you only had dried herbs in your kitchen and you had only tasted dried herbs and that's all you had to cook with. And then suddenly I introduce you to fresh herbs and you get to use fresh herbs. One is dry, a little bit brown, not a ton of flavor, it's there. It is like dried oregano versus fresh oregan, thyme or parsley. Fresh oregan is alive, it's bright, it's like it's got life to it, a lot of flavor, antioxidants and all those things.

I think of high quality olive oil, fresh pressed olive oil as a sauce that Mother Nature made for you. My background is an ex chef, a classically trained saucier. I went to school for that and worked in New York as a food and wine writer for the food network for many years. Along the way I discovered this olive oil and it became my passion. This has been the thing that excites me and I really look at it as a sauce. So, every quarter I make three olive oils, as you mentioned. I do a mild, medium in a bold. I think of those as sauces that mother nature made for you. I'm making them to be paired with milder foods, medium-like intensity foods and bold foods. Different oils can be used in different ways. There are no rules. It's like pairing wine. Drink what you like if you care to drink wine. For you, some of the rules and some of the myths out there are that you can't cook with olive oil. Well, that's completely false. You can cook with olive oil.

There are some strategies, like I, for example, I heat my pan on the stove. Let's say Megan's making my morning eggs. She puts the pan on the stove. She lets the pan warm up. She has the eggs ready to go. On the nice hot pan, she drizzles in the olive oil. She immediately cracks the eggs and puts them inside for my fried eggs. Well, why do we do that? Well, the reason we did it in that order is because we don't heat the pan with the olive oil inside and let it sit there and smoke and get over overly warm while we're getting our eggs and distracted by our nephews or whatever. The goal is to work quickly and keep it cooking. We talk about the smoke point. Well, most cooking we do is lower than 409, 410 degrees, which is the smoke point.

So, you can use olive oil on baked goods. It's phenomenal on cakes. It's phenomenal in brownies if you're going there or chocolate juice

Dr. Wendy Myers

My daughter's constantly baking cakes and cupcakes, pretty much the only thing she makes. I tell her, just use the olive oil because they just say, oh, use vegetable oil. That's just death in a bottle as far as I'm concerned. So, yeah, she uses the olive oil and you have a nice little olive oil cake.

T. J. Robinson

A thousand percent. Even if we're doing something really quick and we have company coming over and we're like, oh gosh, we don't have something for dessert. We'll take high quality box brownie if we need gluten-free or whatever, and, and dump olive oil in it per the recipe because that's another thing. We talked about prepared foods. Baking uses a lot of seed oils. Stay away from those, use olive oil. If you make a banana bread or a zucchini bread or really any kind of chocolate cake or vanilla cake with high quality olive oil, it's just amazing. You make it your own. But, every quarter the club members get a pressing report. And in the pressing report we also include a lot of recipes on how to use the oil, what I tasted it on in the grove, and what I learned on the farm with the mamas. They give me their recipes and I put them in their recipe section of the pressing report.

There's some healthy ones, there's some unhealthy ones. But, it's a lot of fun and a great passion project every quarter to share those recipes. But when you set your table set olive oil on your table, when you put the high quality salt on the table, use Redmond's real salt or whatever, Florida cell, whatever you like, but when you set your table, put your olive oil on the table, you're gonna find that if you have something very simple, steam broccoli, steam Haricot Vert green beans, that's all you really have to do. People think Italian foods are delicious and so simple. Well, why is that? It's the quality of the ingredients. So my wife will go to Trader Joe's and she'll buy some refrigerated Haricot Verts. She'll bring them home, steam them, and put them on a plate. When they come out of the steamer, she'll drizzle a little olive oil, put a little great flaky salt and serve them. They'll be the most delicious green beans you've ever had. And you're like, well, what? Why is that? It's the ingredients. They're fresh and use olive oil as a sauce. I like that you do that in your kitchen and I appreciate it.

Dr. Wendy Myers

That's a good tip too, just to use it as a finishing sauce, put a drizzle on top of your soup, put another drizzle on top of your pasta, put another drizzle on top of your vegetables, and you can't overuse it. You can't OD on the olive oil and the nutrition of it.

T. J. Robinson

Yeah, it's true. And kids love olive oil too. My nephews come out of the womb loving olive oil. Kids love it. I think it's the fat makeup of olive oil. It's very life promoting and we seek it once we get accustomed to the flavor. Most people aren't accustomed to fresh olive oil, so there's a little bit of a learning curve. But, if you stick with it, you're gonna be the happiest and the olive oil snob in your group because you're gonna know and be able to identify what is crappy olive oil right away, after you've been a member of the club for any amount of time or even try to sample bottle.

Ads 49:57

This episode is brought to you by Chef's Foundry. They've got a fantastic line of cookware called P600. It's totally non-toxic. I think people don't realize that when they're cooking, most people's cookware is adding toxins to their healthy food. People spend so much money on healthy organic food and then cook it in toxic cookware. That includes cast iron, which I do not recommend. It adds way too much iron in a form that we can't absorb. People use aluminum cookware, which is very inexpensive, but it's used at most restaurants giving us tons of aluminum. People are also using ceramic cookware, which can leach toxins into your food, and not to mention, the non-stick cookware that has many PFAS or PFOS that is so toxic. It's one of the forever chemicals. So, you really have to pay attention to what you're cooking.

That's why I recommend the P600 line by Chef's Foundry so that you can have peace of mind when you're cooking and you're not getting any nasty chemicals like lead or cadmium or nickel or PFAS in your healthy food. You can get a special discount for my listeners by going to bit.ly/myersdetox. That's bit.ly/myersdetox, to get an exclusive discount, just for my listeners. I want you to be thinking about what you're cooking your food in, and I highly recommend the P600 line by Chefs Foundry.

Dr. Wendy Myers

Well, let's try some right now. If you guys wanna join the club, you have an olive oil club and you have a really good offer, you can try a bottle for \$1, which is a crazy deal. Just go to getfreshwendy.com and just take advantage of it and just see what we're talking about for yourself. Let's get to doing some shots here. So, which am I gonna try first?

T. J. Robinson

I wanna taste two oils with you. These are both fresh press from Spain. This is Garcia Molina. It was the medium oil in the Spanish Trio. The second one is Garcia Torres.

Dr. Wendy Myers

You listen to this fresh bottle cracking open there.

T. J. Robinson

Well, it's airtight. Can you get it? You can get your workout in too. Before we actually do any tasting, we're gonna do a smell test. We're gonna do that organoleptic assessment that we talked about. Here's the olive oil. Look at that beautiful olive oil. Gorgeous. Look at that. Oh gosh. So, we're just gonna smell, we're not gonna taste. We're gonna do that one on the left. We're actually gonna open both. Do you have two cups or just one?

Dr. Wendy Myers

I just have one.

T. J. Robinson

That's fine. Well, just do one at a time. That's fine. So, what I'm gonna do and how we get the oil to the point where we wanna assess it, we actually put the cup in the bottom of our hand. That's the blue cup that I have. It's made for that. It's made of pretty thick glass on the bottom because we want to warm the oil and we warm the oil. It brings out all the defects, and it also brings out all the wonderful things, which is what we're looking for.

Dr. Wendy Myers

I just did a sauna. I'm gonna be cooking this olive oil real quick.

T. J. Robinson

I would be beat if I just got out of a sauna. You're amazing. All right, so we're gonna inhale that beautiful green tomato, bush, tomato vine. It's a tomato. It's basically. There's like arugula in here, fresh cut grass. There's so much going on in this beautiful olive variety from the south of Spain that if it's harvested with super green and very low oil content that you get an oil like this and it's just like a super special aroma. I'm gonna read you my notes that I sent to my club members. Feel free to smell it while I'm reading this and see if you can identify any of these. It is alive. It changes, but this paqua is intensely green and vibrant on the nose with aromas of tomato leaf, baby spinach, arugula, and kale, with notes of kiwi and lime zest, hint to basil, rosemary, and thyme. I get all that arugula, the green stuff, the grass. So good.

Dr. Wendy Myers

Yeah, I definitely smell the grass and the tomato for sure.

T. J. Robinson

I think those are the biggies. What we would be looking for is what is called fruitiness in olive oil. That doesn't mean fruit. We're looking for defects, which are none because it's amazing. We're looking for fruitiness. Fruitiness is green. Things like chopped lettuce, grass. We're looking for defects and we're looking for fruitiness. Those are the two things we're looking for on the nose. This has major fruitiness, so we're good there. Now, we're gonna take a small sip, and we're just gonna kind of chew it. I probably have a tablespoon or so in my glass. I'm gonna take about a teaspoon now. Don't cough, so be careful, but about a teaspoon and put it on my palate. Then I'm just gonna chew it right away. You're gonna notice this bitterness. Mm-hmm. This great, wonderful bitterness. Those are the plant sterols that tell you it's from green harvest, early harvest fruit.

Dr. Wendy Myers

That's delicious.

T. J. Robinson

Yeah, so good, so delicious. Those plant sterols in there, that's that bitterness we're talking about. That's a hallmark of early harvest, high quality fruit. And then the next thing we're gonna look for, so we've looked for fruitiness, we've looked for bitterness, and now we're gonna look for a little spiciness. There should be a little tickle in the back of your throat, a little maybe peppercorn action on your tongue.

Dr. Wendy Myers

I love the peppery taste of high quality olive oil. I'm obsessed with pepper, so that really works for me.

T. J. Robinson

If you love arugula, I love eating super green salads, this is gonna be for you. This oil is a powerhouse in that department. You feel the polyphenols on your tongue. And like you said, people who are fat fast, they will just start their day with a little bit of olive oil and it could be like one o'clock, two o'clock before they actually have lunch. It's like, whoa.

Dr. Wendy Myers

It is a real hack. I do that in the morning because I don't eat breakfast. I have a big handful of spirulina tablets and then I chase it with some olive oil and I am good to go until three. I'm trying to just eat like one meal a day right now. But, I'm good to go. I love that until two or three. No problem.

T. J. Robinson

Well, that's amazing. The cleanup of the cellular inflammation that happens is pretty impressive. The cell membrane is made of fat. Seed oils and other things that we do in our diet and our daily lives disrupt this communication. If we start to put really healthy fats in our system, this cell membrane really starts to clean itself and when things are firing properly, you feel a lot better too. So, you're probably feeling the

benefits of that and that's also making you last longer and all those things too. You're feeling those benefits. I said, it's elegant and intense on the palate. We tasted celery, leaf, parsley, wheatgrass, rosemary and thyme, along with bitterness and spiciness of arugula and black peppercorns. We're a group of panel tasters and we get really nerdy about it.

But look, these are just oils you want to use in your kitchen. You just make it your own. You're just gonna find out how you like to use the oils. There are no rules, but imagine this on a tomato, a gazpacho, a caesar salad. Any kind of tomato dish, a pasta dish with tomato sauce like this would be just heaven on a plate.

Dr. Wendy Myers

Yeah, I do that all the time. I'd chop up a really ripe heirloom tomato and then put tons of salt, pepper, your olive oil, and some basic vinegar, and it's just the best thing you've ever had. But it's the olive oil that makes all the difference that it makes the whole dish.

T. J. Robinson

It's the backbone of healthy cooking. Make olive oil the backbone of your healthy cooking. Keep it simple. Use good quality ingredients. Try not to use more than five ingredients in a dish, because anytime you do more than that, it's really unnecessary. You need a lot of ingredients if you are using typically lower quality ingredients. So, stick to real primal, simple food. Like you said, when you rub or marinate the food in olive oil, it actually protects the exterior from some of the contamination that happens when you're grilling. So, it is not only tasting good, but also is adding a layer of protection on there, so you're not getting in so many carcinogens or whatever. We love barbecue too, and we love grilled chicken, but we will pull it off the grill and put it on a plate. If we have some grilled chicken breast that we've marinated in olive oil, here's a quick one for you.

Let's just talk about grilled fish. Let's just do some grilled fish. That'll be easy. Alright, I want you to make one vinaigrette, one simple vinaigrette. That's olive oil, lemon juice, and some fresh herbs, like very simple little salt and pepper. I want you to use part of the vinaigrette for a marinade. Marinate your little fish, planks, whatever, grill

them. Pull them off the grill when they're done on a nice warm plate, drizzle them with a little vinaigrette. They're gonna soak it up like a sponge. It's gonna taste delicious. It's gonna be an amazing piece of fish. It could be salmon, white fish, whatever. And then I want you to take a little bit of your vinaigrette that's left. I want you to toss some greens that are mixed with some fresh herbs and put that on a plate. And then put your fish right on top of your plate. Sit down and eat. Look, you've got. A simple vinaigrette you've leveraged in three ways. You've got amazing olive oil worked into your plate three different ways. You've got this flavor explosion on your plate. So those are the kind of dishes I like, and you're with me there. You totally get it. I appreciate you educating your audience on how to take advantage of good products that they want to incorporate in their life. And make them the backbone of their health journey.

Ads 1:00:56

For anyone listening who really wants to detox their body, go to heavymetalsquiz.com. I created a quiz for you. It only takes a couple of seconds and it's based on some lifestyle questions. You can get your toxicity score and get a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at heavymetalsquiz.com.

Dr. Wendy Myers

Yeah, and it's really important to cook at home because if you don't cook at home, you're getting full of seed oils. You're getting stuffed like a Thanksgiving goose full of seed oils, or Christmas goose. So it's really important that when you're cooking at home, make it as flavorful and palatable as possible. And you can't do that unless you're using high quality olive oil and other ingredients as well. Let's try this other one. Let's try the Blanca.

T. J. Robinson

This is actually the bowl of the trio. This is Blanca. This is from the south of Spain as well. Blanca is a single varietal. It is one olive variety. This was the bold of the quarter.

It's a little spicier in nature. Great, awesome spice. But let's first do spice. Let's do our organic left organoleptic assessment first. We always start there because we wanna have a little moment with our oil. Warm it up and see what we can. I get warming celery. I'm warming celery, of course I get grass, I get herbs, I get chopped. I get all kinds of beautiful green things. This one's a little quieter on the nose, even though it's quite bold on the palate, as you'll see. But it's got all this aroma that's coming out of the glass. A little nuttier maybe sent a little nut in there, a little almond, maybe. This is just olive oil. It's just olive fruit.

There's nothing else in this. That's why it's so amazing. For these millers, it's a craft. They don't want the oil to change from the moment it's in the fruit until it's in the bottle. That's an expert olive oil miller. This tastes very close to what the olive oil tastes like as it's hanging on the tree in the fruit. So we're gonna take a quick little sip of that one. Give it a chew.

Dr. Wendy Myers

It's definitely stronger.

T. J. Robinson

It's going like, oh, it's like a symphony where just start to start to like, okay, I know where this is going.

Dr. Wendy Myers

Oh yeah, definitely. More, more, more pepper for sure. I love that. I love that you separate out the mild, medium and more robust olive oils. I'll use that based on what I'm cooking. I like some of the more mild ones if I'm doing a salad dressing. But if I'm cooking a CAPA dish, I really want a bunch of flavor to come through and I'll use a more robust one.

T. J. Robinson

I love it. That's true. They're like colors. It's like painting. It's like you have these beautiful things and use them as sauces. The offer you mentioned before is not available on my website, freshpressedoliveoil.com. You have to go to your URL, which

is getfreshwendy.com and there's a dollar bottle offer. You'll have about two to three weeks to try the oil in your home. It'll arrive a second day later. If you order the large club, this is the size sample you'll get. It's a real bottle of oil. I want you to fall in love with it. I'm a chef. The proof's in the pudding. I want you to love it. I want you to get used to using it in your dishes, and I want to see how you feel because I know you're gonna fall in love with it.

If you fall in love with it, great. You're a member of the club. And if you don't like it, let us know. You will never hear from us and we won't be charging your credit card. We won't be auto shipping you anything. It's really easy to get to know us. We're just a very small family business here in Asheville. I have a great strong member service. You go visit my website, it's a one click cancel. It's a really easy, easy club to try, and really we're about educating pallets. That's what we're doing. I want people to bring it home. I want them to get their olive oil out of their pantry. I want them to have a tasting cup. I want them to do an assessment on theirs, and then also have a fresh pressed olive oil beside it. I want you to do your own olive oil taste test at home. I want you to understand and have your own moment like I had in Sicily that is like, oh man, this is what the real deal is. Why the hell has this been kept from me? So anyway, thank you again, Wendy, for all your help and helping me get the word out.

Dr. Wendy Myers

I'm going to Italy this summer. I'm planning to go to Askia and I'm gonna go to Trap and maybe Sicily. I don't know if I'll have time though, but I'm really looking forward to going nuts, eating the local foods and Mediterranean food and the real olive oil. I feel like I have that at home also. This is one of my health secrets. I've been a club member for more than five years. It's been a long time

T. J. Robinson

It's been a long time. It's been a while.

Dr. Wendy Myers

This is what I personally use and I've been using for a long time and I really urge you guys to do a seed oil detox. This is one of the most important things in your diet that

you need to do. You can navigate restaurants with apps like seed oil scout and things like that. A lot of us are addicted to Uber Eats and things like that, but you've gotta understand the toxins that are coming with that. I really urge you to start, try to cook more at home. It doesn't take as long as you think, you can whip up really quick meals and you need to use all really high-quality olive oil like this. Like I said, it takes two years to get all the seed oils out of your body to do a seed oil, like an oil change in your body. So, start today. No better time than today to start on that. I love it. Thanks so much for coming on and educating us. There's a lot to olive oil. There are a lot of mistakes that people can unwittingly make when they're trying to make healthy choices for themselves. So, thanks so much for coming on and detailing all those check boxes we need to be thinking about.

T. J. Robinson

Well, it's a real pleasure. Thank you so much, and look forward to you trying the next oils that are coming your way. Yes, it's a real pleasure to be out there in the world, on the ground with the farmers, looking at the fruit, bringing the good stuff, making the blends, getting them on an airplane and shipping them right to your door. So, anyway, it's a real pleasure and thank you for supporting our passion.

Dr. Wendy Myers

I love all the extra miles that you go to work with the farmers. There are a lot of people out there. They would just find some vendor and just order it and have a third-party bottle it and just not 100%. They're not going to the lengths that you're going to meet all these people. It's been decades finding the families, these boutique farms, they've probably been owned for centuries by the same families. It's just amazing.

T. J. Robinson

It's so much fun. Well, thank you, Wendy. This has been a blast. Take care. Have a wonderful day. Appreciate you all, and look forward to seeing you as part of the club.

Dr. Wendy Myers

Everyone, I'm Dr. Wendy Myers. Thanks so much for tuning into the Myers Detox podcast. Remember, go to getfreshwendy.com, get your bottle of olive oil for one

buck, no strings attached. It couldn't be easier to try it. Thanks for tuning in every week. My hope for this show is to just help you make those little differentiations and make those better choices because every little bit matters. It is that concept of kaizen. Every little step matters in the choices that you're making. Olive oil is no different. I hope we helped you guys make some better choices there. Thanks for tuning in.

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