

STORY



10
YEARS
IN 14
DAYS

Das Baum
im O



OLIVE TREE THERAPY@HOME

Nature's oldest Anti-Aging Secret

Daniela Jambrek – translated by Kristina Rohr

...tel
bis zu 4.000 Jahre
alt.

Oleaceae.



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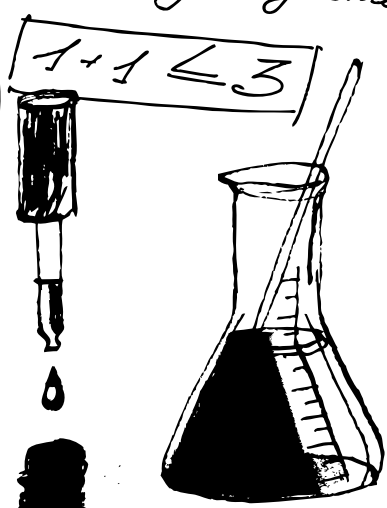
Das Baumhand im Olivenbaum



Bis zu 70%ge
Wasserphase bei
Kosmetikprodukten
wird bei uns
durch das Tinkelixier
des Olivenbaums ersetzt.
Pflanzensynopsis

Praktisches Wissen
um die Lebenskraft
des Olivenbaums
in uns

70% Mehr
Wirkkraft



70%



Olea europaea

Glück, stehen
alle Wurzeln
erfassen
eigener Natur

*“This story of my life
is dedicated to my children Magda, Emma and Niklas –
and to my friends, the olive trees.”*

Thomas Lommel

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10 YEARS IN 14 DAYS

THE OLIVE TREE THERAPY
@HOME

Nature's oldest Anti-Aging Secret

by
DANIELA JAMBREK

translated by
KRISTINA ROHR

A man who feels drawn to trees before he has ever seen them, who talks to them and even gets answers from them. Who later hugged those trees, meditated in a tree house, soaked up the energy of the trees - and ultimately makes it available to people all over the world... After my initial meeting with Thomas Lommel, I still had questions, a lot of questions. And I felt the urgent need for proof and evidence. On my way home, I had flashbacks of childhood memories and feelings evoked from those days, when we were allowed to roam through our world without supervision or restraints. We would meet in a little forest, where we meandered through puddles, streams and moors, getting filthy with crusted dirt and soil. Suddenly, these words came to mind:

„I wanted to see you again, my old friend from childhood days. I had a lot to tell you then and knew you would understand me. As a little girl, I came to you with all my childish cares. I felt safe with you, and all my sorrows flew away. When I cried in your arms, you brushed my hair with your leaves, dear old friend.“

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Alexandra sang this song in 1968. There it is, that intense, tingling sensation I felt as a child when I hear those first cords and lines of this song. My friend, the tree.

Whether it is slowing down, balancing or detoxification or whatever longing or medical necessity guides us to take a break from the excess of modern day life and to turn to less more often: the conscious change of routine habits of consumer behavior has transformed our perception, our spiritual sense of experience and awareness - and thus our access to the world that surrounds us.

This book describes a way, a very individual and personal way. And it holds amazing Aha-moments for each one of us.

SUSANNE OPALKA

Journalist/Author



THOMAS LOMMEL

Andalusia, 2001

This story tells of love, courage and passion.
From the love for nature and the courage to recognize one's
own needs and to follow them, and of the passion that is
required to never ever give up what you believe in.
Only then, can a balance between body and soul in harmony
with nature be attained.

Ancient Knowledge
about the life force
of the olive tree
in us

PROLOGUE

Upon arriving at the airport in Palma de Mallorca and seeing Thomas Lommel at the exit for the first time, I think, „At first sight, he does not seem like a naive world improver.“ Later, I realize: neither does he at second glance. These surprising insights are the first of a series of aha-moments that will run through my head in the next two weeks.

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I flew to Mallorca to personally experience the Olive Tree Therapy - a holistic, Mediterranean intensive course, whose self-assured claim to turn back your clock „10 YEARS IN 14 DAYS“ makes me hope to return significantly rejuvenated to Hamburg where I reside. As a journalist and authoress, I have dedicated myself to the topics of beauty, wellness, fitness, nutrition and health. So I am constantly on the lookout for new insights and concepts, traditional healing methods and knowledge that are not just slimming and beautifying but that also balance body and soul. The Olive Tree Therapy created by Thomas Lommel seems to equally satisfy all my research senses. After all, it promises to use the power of the olive tree in such a way that after two weeks I will be able to experience visible, tangible and, above all, measurable results.

But I will not just spend a relaxing and beautifying time-out in Mallorca, I am also here because I want to tell the story of Thomas Lommel, a man who has the love, courage and passion to live what he believes in.

After loading my luggage, I jump to Thomas in the car. I want to know everything right away. „Why has your life been so extraordinary? How is it possible for a German to find happiness in Andalusian olive groves? And how did it all begin?“ All these questions are on my lips but I hold back and let him take the lead. Thomas starts to talk about the Olive Tree Therapy. How it is possible to utilize the power of these gnarly survival artists to rid yourself of harmful ballast and experience a new, high-energy natural feeling of life and to discover one's own, true beauty that radiates from the inside out. The terms beauty and radiance are my trigger points. Deep inside of me it screams: „Yes, please! Over here, right now!“ But at the same time, I realize that Thomas cannot help but talk about his great love, the olive trees, about the special natural information that these organisms are carrying and how important it is to be in tune and connected with nature. And I suspect that there must be much more than the mere discovery of a new beauty concept.

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I look forward to every single detail I will get out of Thomas and to many, many conversations with him in the future. What I already feel very clearly is that the olive grower does not want to convert anyone, start a new life or devote themselves to a specific philosophy. Thomas Lommel does what he does for a single reason: he has been fortunate enough to recognize what is right for him and what kind of life makes him happy. This has led to his desire to encourage other people, with the help of his story, to find and walk their own path. For him, it is just a logical consequence of his own story that he is able to make the positive impact that he has been experiencing since living in harmony with the olive trees available for others with the help of the Olive Tree Therapy.

We meander across the otherwise really loud and busy tourist island, which shows me a completely different, more beautiful face, the farther we get away from the airport. Our route takes us into the mountainous, still largely undiscovered north-eastern part of the island. When we arrive at our destination, I breathe deeply and feel very

happy. Hotel „Son Brull“, where I will spend the next two weeks, is a five-star Relais & Chateaux hotel resort, housed in the walls of a former Jesuit monastery from the 18th century. Here, in the midst of the rugged mountain landscape, surrounded by lush original nature, grazing sheep and goat herds, orange and lemon trees and the main producers of the spa, centuries-old olive trees, Thomas Lommel developed the holistic form of his Olive Tree Therapy. I immediately feel that here I will also find the ideal place to escape disturbing habits and to surrender to the power of the olive tree with body and soul – and experience as much as possible of what happened to the former real estate investor Thomas Lommel.

*This is a love
declaration
to the most wonderful
tree on our earth*



When Thomas Lommel encountered the first olive tree in his life, he was more than three thousand kilometers away from it. Yet, he felt closer to this tree, more deeply connected than to any other being ever before.

HOW IT ALL BEGAN

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A person feels connected to a tree,
even to one he has never seen in his life.

„This information needs to be digested first,“ I think, and take a heartfelt sip of the delicious OLIVEDA aperitif, which will initiate my acquaintance with the main ingredient of the next days: olive leaf extract, refined with pomegranate juice and cava, the Spanish champagne. Wonderful, I think, delicious, I look forward to this. Thomas and I have dinner at the restaurant at Hotel Son Brull. My hangman’s meal, so to speak, because the next morning I will embark on the Olive Tree Therapy and will have to do without certain foods and drinks. Thomas takes a sip of wine and begins to talk while I eat and listen. I enjoy both the tasty food as well as the story I hear, which immediately captivates me.

„In my former life, I was not interested in the connection between nature and health, or beauty or even cosmetics, at all,“ admits the man who founded OLIVEDA, who also became nature’s greatest ally to a degree unfathomable to me at the time. Before, Thomas Lommel was a real estate investor. His motivation, like that of most people of our time, was almost exclusively materially oriented. He worked a lot and had great success in a largely soulless sector. The goals and successes he had been striving for and attained were substantial and well noticed by his peers and surroundings. Since he did not know differently, he considered this to be the meaning of life. For years, he forgot to listen to his inner voice and pay attention to his body. „I thought I could just buy great happiness one day,“ he admits. He did not feel how this way of living made him sick and destroyed the most important things. When everything collapsed, both professionally but also his private life, his body showed him that he had taken the wrong path already a long time ago. The man, who had been a high performance athlete just a few years ago, had lost all his strength. He suffered from a gastrointestinal disorder that had to be treated with high doses of cortisone over long periods of time. There was no real prospect of complete healing and recovery: every time he stopped taking the drug, the ulcers returned.

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Thomas Lommel experienced the deepest crisis of his life and realized that he had to act. „In retrospect, this painful time was the most positive thing that could have ever happened to me,“ he describes the hope that can arise from such a situation: „For the first time in my life, I was intensely occupied with myself and the things that surrounded me.“

He began to look for ways that would cure him. While he experienced to be catapulted out of the health, professional and private life he had known and revered, he began to become interested in meditation. „I meditated regularly and instinctively started to turn to olive trees in these intense moments of reflection,“ he says. „Years before, I already felt drawn to these Mediterranean primordial plants, not knowing the reasons or having ever had any direct contact with them. I remembered that all of a sudden and started looking for their company.“ Thomas tells how he was increa-

singly trying to communicate with these old, wise characters - and how they actually asked him to interact with them. I am amazed. „These impressions and the connection to the trees became so intense that I actually began to feel the olive trees,” he describes. „It sounds strange, but I felt connected even though I had never seen or been close to one. The trees communicated with me and gave me strength and confidence.”

Coincidence or destiny? At about the same time, a book about the healing effects of olive oil fell into his hands, which he devoured enthusiastically. Everything he read seemed logical and plausible to the former extremely pragmatic and profitable business professional. Thomas Lommel started consuming great amounts of the oil that promised a plethora of health benefits, up to fifty liters per year. „People who grow up in the Mediterranean with the knowledge of the effects of olive oil and integrate it into their daily life quite naturally consume about twenty liters a year,” the olive oil expert knows. „Germans average less than a liter.” So he was a heavy user - out of conviction. Olive oil became Thomas Lommel’s constant companion; he used it always and everywhere. In the morning, he rinsed his oral cavity for minutes with olive oil, spiced up his breakfast porridge, at noon olive oil was added to the soup and in the evening it was poured on the pasta. Even desserts were refined with a splash of the delicious oil. „Olive oil enhances the taste of every food and makes it wonderfully supple,” the fan explains, handing me the olive oil bottle across the table. I pour plenty on top of my fish. „I also did not want to do without the special taste of the oil and its wonderful aroma anymore,” he adds. Then, Thomas started to also applying olive oil externally. „At the time, I believed - and still firmly believe to this day - that what is good for the body internally also helps outside,” he says. Consequently, after showering, he put on olive oil from head to toe. „This has not changed since,” Thomas reveals. „For 20 years, I have been putting nothing else on my skin than pure olive oil. For me, this is the purest form of body care.” For a good reason, I learn: because it is very similar to skin oils, olive oil quickly penetrates the skin and bolsters it from the inside out. This is immediately noticeable.

„That’s all?” I think. „Olive oil?” Sounds a bit too easy for me. „No, there is much more to it, of course,” Thomas continues. „It is about the power and energy of thinking that I received from the trees during meditation. It is about how to change one’s

own consciousness, to become self-aware. To feel what the body needs and what it does not. It is about the release of what is unnecessary and to recognize any real need," he explains. „This is actually a completely natural process, which has unfortunately become completely alien to most people because they have lost touch with themselves and the laws of nature," he regrets. „It is so easy to find your way back to your own nature. It does not matter where you start - one step will lead to another. Because recovery begins in the head," Thomas elucidates. He adds, „After I had embarked on my new journey, I started excessing again. I also completely changed my diet along with the olive oil. I ate quite differently than before. In retrospect, I know that I had intuitively turned to the eating habits of the Mediterranean cuisine, whose positive effects on health have long been scientifically proven."

Speaking of health: after Thomas Lommel had integrated the olive oil into all aspects of his daily life - as a pure remedy, as an addition to all the ingredients of his instinctive, Mediterranean way of eating and as his exclusive skin care product, he experienced astonishing success: His health stabilized and his symptoms of the disease decreased. In addition, there were clear positive effects: He could sleep again on his left side on the heart, which was previously unthinkable for a long time, his blood pressure self-regulated, his blood and liver values significantly improved and Thomas Lommel had lost 20 pounds. He felt that his body was restored to a balance of well-being. It was 1997. Thomas Lommel had treated himself with the power of the olive tree. His doctors could not help but confirm his successful recovery. „I owe the olive trees my way back to life," he explains gratefully.

I love this story already. And, of course, the journalist in me wants to know much more. Can a seriously ill person really heal himself? And in doing so, quite naively, rely on one single remedy from nature? „Olive oil is not just a valuable food but also effective medicine," Thomas Lommel states and further explains: „For centuries, it has been revered in many cultures because of its healing properties. In our realm, it has been experiencing a renaissance for several decades, after science has rediscovered it and has marketed it to the consumer as a healthy alternative to butter and other industrial fats."



OLIVE OIL

Due to its unique composition, olive oil is considered a true fountain of youth. It is a unique composition of various valuable ingredients: it contains ample amounts of monounsaturated fatty acids, vitamin E, A and D and lots of carotene. In addition, protein, important minerals and trace elements such as potassium, which promotes the transmission of nerve impulses to the muscles and the excretion of water and tissue fluid, calcium, the building material for teeth and bones and responsible for blood coagulation, nerve and muscle response as well as cell permeability, magnesium, which protects against the damaging effects of stress and which is responsible for the formation of antibodies as well as the maintenance of muscle and nerve irritability, as well as a multitude of highly potent secondary plant substances that make this healthy food such an effective internal and external anti-aging miracle.

Olive oil ascended to stardom among nutritional oils first and foremost due to its high content of polyunsaturated fatty acids, which are beneficial to the human body in many ways. Studies show that cold-pressed oil from olives lowers cholesterol levels and thus the risk of cardiovascular disease, prevents cancer and can even help with weight loss. The basis for these health promoting actions is its unique combination of different fatty acids. As the chemical name „triglyceride“ suggests, three fatty acids are always attached to one glycerol. Each of these fatty acids consists of hydrogen (H) and oxygen (O) atoms, attached to carbon (C). Depending on the type of compound and combination, we speak of saturated and unsaturated fatty acids. Saturated fatty acids have no dual connection between C atoms, unsaturated ones have a dual or even several connections. Therefore, unsaturated fatty acids are also divided into single, double and polyunsaturated fatty acids.

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The German Society of Nutrition recommends ingesting about ten percent of the daily energy intake with monounsaturated fatty acids. Polyunsaturated fatty acids are vital fatty acids that the body cannot form itself. They are necessary for the formation of cell structures and transport units, regulate lipid metabolism and are important for the generation of signal and transmitter substances that are responsible for optimal cell interaction. In addition, they have a beneficial effect on blood lipids and blood pressure and can thus protect against cardiovascular diseases. They have an anti-inflammatory effect and play an important role in the brain's metabolism.

The oil's antioxidant effect is particularly impressive: Large amounts of vitamin E and various highly effective polyphenols, especially oleuropein and hydroxytyrosol, protect the cells safely against the damaging effects of environmental influences and oxidative stress. Spanish researchers at the University of Cordoba have also found that the plant substances ensure that the blood vessels remain flexible and thus adapt well to changes in blood flow. This is especially important for people with high blood pressure. If the vessel walls do not or only slightly respond to changes in blood flow, it is an early warning signal for cardiovascular disease. The interesting fact is that other



EXTRA VIRGIN OLIVE OIL

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fats, especially those with many saturated fatty acids, adversely affect the flexibility of the blood vessels.

The quality of the oil used is very important: Studies found a considerable amount of the powerful antioxidant hydroxytyrosol in „extra virgin“ olive oil - which is scarcely present in refined oil. „Extra virgin“ olive oil is cold-pressed extremely gently, so even the most sensitive active ingredients remain stable, guaranteeing and a particularly high proportion of nutrients.

THE HEALTH PROMOTING
EFFECTS OF OLIVE OIL
AT A GLANCE:

protects heart and circulation

has a blood-thinning effect

reduces blood pressure

increases HDL and lowers LDL cholesterol

prevents obesity

protects against free radicals as an antioxidant

has an antibacterial effect

stimulates digestion and has a gentle laxative effect

protects the gastric mucosa and regulates gastric acid production

strengthens and protects the liver

protects brain and nerves from premature aging

promotes bone density in adults and thus prevents osteoporosis

relieves joint pain and acts anti-rheumatic

has anti-inflammatory properties



OLIVE OIL AS A BEAUTY GUARANTEE FOR THE SKIN

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Pure olive oil has been used for centuries for skin care. If you want to spoil your skin with the liquid gold, you should know that not all olive oils are created equally. Only living, non-refined extra virgin olive oils such as OLIVEDA olive oil from the Arbequina olive with its particularly light texture, have the property of fusing with the skin and optimally unfolding its nourishing effect. Its high content of monounsaturated fatty acids makes it particularly suitable for very dry skin. The natural triglycerides in OLIVEDA's olive oil resemble skin-like lipids. Thus, they blend perfectly into the skin's protective hydro-lipid film to fill existing gaps. Sun-stressed or extremely sensitive skin is gratefully responds to its soothing repair effects. Due to its disinfecting and healing properties, olive oil can even be applied to inflamed and sore skin.

Together with Birgit Frohn, authoress of the Olive-book, Thomas Lommel has formulated various applications of olive oil for the skin:

1

A facial cleansing with pure olive oil nurtures and nourishes the skin during application: while gently massaging the oil into the skin, it absorbs deep dirt and dust particles and slag substances while providing your skin with valuable active ingredients at the same time.

2

Lips cracked by wind and cold will heal quickly with the help of a few drops of olive oil. This is also recommended for prevention, if you are planning to stay outdoors for long periods of time in bad and cold weather.

3

Massage your face three times a week gently with a mixture of a tablespoon of olive oil and a tablespoon of freshly squeezed organic lemon juice. The nourishing effect of the olive oil is supported by the smoothing and firming effect of the lemon juice. The result: smoother skin.

4

Rubbing your feet with a blend of olive oil and lemon juice will help keep them fit - ideal after long walks: Take a warm foot bath and then massage your feet for about ten minutes with a mixture of a tablespoon of olive oil and half a tablespoon of freshly squeezed lemon juice.

5

Acute eczema can be alleviated by simply applying some olive oil to the affected skin.

6

Hard to believe, but olive oil even makes the teeth white again. It removes traces of coffee, tea, red wine and nicotine. Dip your finger in olive oil and rub your teeth. In addition, you should regularly massage your gums with olive oil, which strengthens it and its resistance.

7

For full, shiny and hair, mix two to four tablespoons of olive oil with an egg, depending on your hair length. Spread the mixture evenly on the hair and massage well. Cover with a towel for twenty to thirty minutes. Then rinse well with lukewarm water and wash the hair with shampoo.

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8

Adding liberal amounts of olive oil to your bath can permanently soothe and soften the eczema-prone, cracked, dry skin.

9

Massage your calves with olive oil until the any kind of cramping subsides.

10

Regular massages with olive oil keep the fingernails beautifully shiny and healthy.

HOW OLIVE OIL IS PRODUCED

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The season of the olive harvest falls between the months of October and December. Depending on the cultivation area, olive variety, and number of sunny and rainy days, the exact date of harvesting of the olives varies from year to year.

By the end of December at the latest, however, the new, fresh oil, OLIO NUOVO, is harvested, bottled and is enjoyed by the families as a Mediterranean Christmas specialty, served on roasted white bread.

In the Arroyomolinos de León Nature Reservation, where olives are grown for OLIVEDA, olives have been harvested and picked by hand for thousands of years. Since olives are extremely sensitive to pressure, they have to be handled with very


gentle care. If they are pinched or so damaged that the pulp comes into contact with oxygen, an oxidation process begins in the fatty acids of the olives that significantly reduces the oil's quality. This makes the harvest the most time-consuming and challenging part of cultivating olives. Experienced pickers harvest nine to ten kilos of olives per hour. Since four to nine kilos of olives are needed to produce one liter of oil, depending on the oil content of the fruit, consequently a high percentage of its retail price has to be invested into its harvest.

Harvesting can only take place in dry weather conditions: olives react to moisture by accelerating a natural degradation process, which increases the content of free fatty acids in the olives and makes them less palatable. For the same reason, olives should be pressed immediately after being picked. The longer they store, the more quality-reducing free fatty acids they develop. For first-class oil, olives are harvested and processed the same day. Olive oil is most valuable directly after pressing. Tasting such young, fresh oil is a real treat.

The quality of oil depends on how mature the olives are at the time of the harvest. Oils made from immature green olives are much fruity and fresher in taste. Their fragrance resembles that of freshly cut grass. In the finish, these oils have a typical distinctive spiciness while oils from ripe black olives taste less fruity and spicy. These oils also have a lower phenol content. The longer the olives mature in the tree, the greater their content of free fatty acids and oil - which is why they are much more productive in oil production than the young fruits.

In the oil mill, the olives are carefully washed and freed from foliage before being placed in the hydraulic press. Here, they are processed at a maximum of 27 degrees as quickly as possible without any air supply. Great care is taken to ensure that the ground olives come have no contact with oxygen as oxidation and fermentation greatly reduce the quality of the oil. After pressing, it is immediately filtered to rid the oil of decomposing enzymes. The finished oil is filled into a stainless steel, glass or ceramic container where it is stored in cool, dark and air tight conditions.



A wooden gazebo with a dark brown roof and light brown floor. The gazebo is situated on a wooden deck. Through the opening of the gazebo, a view of a landscape with green trees and a blue sky is visible. The text "Happiness comes from the goodness of the earth" is centered in a white box over the view.

Happiness comes from the goodness of the earth



VIEW FROM THE LEGENDARY OLIVEDA TREE HOUSE
overlooking the olive groves

FROM SEARCHING AND FINDING

35

During his ‚time of silence‘ as Thomas Lommel describes the phase in which he treated himself with the Olive Tree Therapy he had concocted for himself, he felt the unwavering support and company of the olive trees during his meditations.

„My contact with the trees gave me energy and motivated me. They were able to make me smile even in the most difficult situations“, he reminisces with a smile. I know that Thomas has often talked about these experiences and I can feel that he was often met with misperception, disbelief and people just shaking their heads. After all, not everyone is immediately open to a personal experience report about the direct connection between people and plants.

„Today, such stories are the fabric of the bestsellers and blockbusters. But that was not always the case,” this nature philosopher acknowledges. Unfazed, he followed his intuition and grew closer to the trees. During the course of his healing quest he experienced more and more positive effects of the therapy with the active substances of the olive tree and knew that there was still much more to it. „The trees seemed to tell me, „Do something with us!” Lommel reminisces. And that was exactly what he wanted to do. He wanted to tell the world about the incredible power of the trees, he wanted to let people participate in all the good that he experienced. However, he did not really know how to go about it.

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So he began to include the trees in his thoughts. „What can you do?” he asked them during his meditation. „Is it possible to support a family with you?” After all, life and everyday obligations went on. Thomas Lommel knew that life cannot just be sustained by positive thoughts and faith in olive oil alone. „I was really tormented by the question whether life can be financed in any way with the help of the olive trees,” he describes his situation at that time. „Today, I would say yes, but you need a lot of passion,” he concedes. „At the time, everyone advised me to not see or pursue that business opportunity. I received a lot of well-meant advice – like to rather to make a hobby out of it. A German and olive trees? That cannot go well. No one could imagine that.” But Thomas Lommel continued to have faith in his trees and continued to ask his trees specific questions during his meditations in order to arrive at a possible professional idea. „How many kilos of olives do you carry?” He asked. „How many of you stand on one hectare of land? How many olives does it take to produce one liter of olive oil?” He asked all these questions. It was during these intensive connections with the trees that he began to feel them more and more strongly until he could also feel the answers. „Suddenly, I knew: there are one hundred olive trees on one acre of land. They carry twenty kilos each, and I need five kilos of olives for a liter of oil!” He is still stunned today.

After all, he still had not set foot near an olive tree at that time! „I consulted specific literature to study the subject in order to test and verify this sudden knowledge. And all data proved to be correct.”

I look at Thomas Lommel as he sits with his glass of wine, looking every inch the serious and trustworthy business man that he is while he shares his incredible story with me. However, somehow, picture and sound are not really in sync for me yet. My probing whether and how communication between plants and humans is possible does not surprise him at all. „Naturally, being a realist and a business man, I’ve been asking these questions for a long time,” he replies. „Hence, I began to study all scientific aspects of what I had experienced and dealt with biophotons, quantum physics and everything known about the communication with plants thus far. It was mindboggling,” he recounts. Through logic and science, without any esoteric philosophies or concepts, Lommel learned that everything in the world is interconnected, that everything communicates through vibrations and a healthy balance can only be attained like that. „I found my middle ground and my inner strength beyond this pure self-understanding. Finally, I had an explanation for the deep trust that I had in the olive tree,” he explains. „Today, I know that the spirit and my faith in the tree and my positive thoughts have healed me just as much as the power of the olive oil that made me healthy after I cut out the cortisone.”

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By merely listening to him, I realize how highly inspired and motivated Thomas Lommel must have been at that moment. Naturally, he wanted to know more about mankind’s oldest cultivated plant, this legendary tree with which he had made the deepest soul connection, even though he had never seen it before. So what was closer than the desire to finally meet his allies personally? „I embarked on a trip that would take two years and led me to many places where the olive tree is at home,” he says. He visited Tuscany, Abruzzi, Apulia, France, Greece, Andalusia and southern Spain and stayed wherever he felt a connection. „What I learned about the olive tree and about its inherent, incredible energy that allows it to grow under the most adverse conditions for several thousand years just fascinated me.”

Thomas Lommel deeply immersed himself in the traditional way of living of the Mediterranean people. He learned from wise hundred-year-olds and received insights and instructions from wise herbal medicine women for recipes for producing medicinal products from the olive tree. „The key moment for the development of OLIVEDA Olive Tree Therapy was in the south of Italy, where I spent a lot of time with the local olive growers“, Thomas Lommel describes the most important experience of his trip. He learned of a centuries-old custom, which is still used in this region until today: fresh olive tree leaves are finely ground, poured into and mixed with spring water. This original elixir, a grassy green bitter extract, is the strongest remedy that can be obtained from the olive tree. Due to its enormous potency, the cell elixir from the olive leaf has been renowned as an effective remedy throughout the Mediterranean region. It has been used to strengthen the immune system, as an inflammatory inhibitor of bacterial and viral diseases of all kinds and as an anti-aging agent for both body and skin. I can only imagine what Thomas must have felt at the moment. After all, he had just discovered the real reason for his incredible recovery. „I ingested the knowledge of the ancient olive growers and felt very honored when they handed their ancient recipes over to me, which had been used for centuries to produce monastic medicine,“ he recounts enthusiastically. It also illustrated the many synergies that the plants and wild herbs which grow in its immediate vicinity produce with the olive tree. He realized all the positive effects that regular use of the olive leaf extract still has on the human body today. For him, the circle of knowledge had closed and the idea for his first OLIVEDA product was born: Thomas Lommel wanted to produce a modern version of this extraordinary ancient drink.

„Then, a really significant time began for me,“ as Thomas recalls those early days. „As soon as I returned home with my idea, it seemed as if I was being bombarded with information about olive trees,“ he reminisces. Media and television had suddenly discovered olive oil as a healthy alternative to other edible fats and reported continually on its positive effects. „I knew this and many other facts, of course, long before but interpreted the sudden omnipresence of olive products on my radar as confirmation that I was on the right track with my endeavors.“ When he came across an advertisement in the German newspaper „Süddeutsche Zeitung“ of an olive grove for sale in Andalusia, it almost seemed like a logical consequence. „I handwrote

a letter to the seller," recalls Lommel, „I told him how I imagined my olive grove. I envisioned ten thousand olive-trees, surrounded by orange trees because I loved the idea that the olives were infused with the aroma of the oranges. Who has ever been in the Sierra Aracena region in Andalusia and knows the vegetation knows there, knows how absurd my idea was. In such a barren region, only the extremely resistant mountain olive trees survive.“

Thomas Lommel flew to Andalusia several times in a row. One year later, he was the proud owner of his first olive tree grove in the protected natural reserve of Arroyo-molinos de León, about eighty kilometers north of Seville. In the midst of this fifteen thousand square meter area, amid one hundred and fifty of his beloved mountain olive trees, he built a tree house in which he retreated for several weeks. „I had finally arrived!“ he describes the elevated feeling that captured him there. „Here, I found the peace that I had sought for so long. In silence and in constant dialogue with my new friends, the trees, I meditated and developed the idea for my company OLIVEDA.“





HOME OF THE SOUL
The building of the first tree house



Left alone by mankind,
an olive tree will live up to four thousand years.
It can reach twenty meters in height.

THE EXTRACT OF THE OLIVE LEAF

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„Four thousand years - unbelievable!“ I cannot help but think. I try to imagine what these gnarly creatures must have experienced and endured and how they were able to survive such an incredibly long time. How many people did they feed with their precious fruits? How many natural catastrophes have they had to endure? How many wars have they witnessed from the top of their leaves that grow up to twenty meter high? How many other historical events have passed them by without harming them? „I believe that true power comes from the willingness to face all conditions and challenges instead of fleeing. This helps shape the ability to overcome all of life’s adversities. That is exactly what olive trees have been doing for thousands of years,“ muses Thomas Lommel. „This information alone is enough for me to believe that there is something special about these trees. Something that is stronger than any substance that acts in creatures that do not grow as old,“ he states. I cannot help but agree but of course it also makes me curious about the reason WHY. What makes this tree so strong and resistant? What protects it so effectively from diseases and

environmental pollution? Why have indigenous Mediterranean people relied on the healing powers of the products of the olive tree for generations? After all, as I have already learned from Thomas, the mountain olive tree resists cold and frost in the winter and long, very dry summers. It supplies itself with moisture, through root canals broadly branched up to six meters deep in extremely barren, rocky soil. This requires a perfectly functioning system and an enormous will to survive, I suppose.

„From its roots to the tip of its leaves, the olive tree is full of substances that protect and maintain its health. It also has a highly potent defense system which keeps it from diseases, pests and other environmental influences,“ explains Thomas. „The most extraordinary and brilliant component in the protective arsenal of the olive tree is the highly effective polyphenol oleuropein. It acts as an extremely effective antioxidant in its trunk, bark, branches, and fruits, and especially in the leaves of the tree. Everywhere, it supports the highly effective tree defense system against viruses, fungi and bacterial infections. In the peel of the olives, it protects against insects and pests and also ensures their brown coloring. A strong ally in the fight for the survival of the tree is hydroxytyrosol, another highly active antioxidant, exclusively found in the olive tree. It is one hundred times stronger than the famous vitamin C. In unison, these secondary plant substances provide a broad pharmacological spectrum for humans.“

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Oleuropein and Hydroxytyrosol are found in every fiber of the olive tree. The strongest concentration of these genius, potent ingredients is found in the leaves of the tree - namely, three thousand times higher, for example, than in its fruits. For that reason, the bitter elixir is extracted from them. The people of the Mediterranean region have revered the „olive leaf extract“ for centuries as an effective remedy against any conceivable disease. Its antibacterial and antiviral effects can protect against herpes and influenza viruses. Last but not least, the anti-oxidative effect of the bitter agent protects the entire organism from the harmful effects of free radicals.

Anticipating my journalistic hunger for verifiable facts, Thomas cuts to the chase and supplies me with scientific evidence: „This knowledge, which has been handed down for generations, has been repeatedly confirmed by researchers in recent years. So it has also received its blessing from science,“ he reports about findings that he actually



considers it unnecessary. „The impressive effects of the olive tree leaves have been documented since Hildegard von Bingen and have been confirmed to this day. For example, in 1997 the efficacy of the olive leaf extract for infections was tested in a Hungarian clinical study with five hundred patients, with only positive results. A study conducted at the Milan Pharmacological Institute has also shown that high-dose oleuropein, which is responsible for the bitter substances in plants, functions as effective cell protection in the human body,“ he continues. Almost reluctantly, he mentions countless other studies that confirm the effects of the olive leaf extract. „Isn't it strange that people only believe what is science-approved?“ he asks. „Even though nature is much more intricately developed than we could ever imagine, no one trusts their instincts anymore, no one believes in what they see,“ he notes disappointedly. „Our Olive Tree Matchas, for example, one of my latest creations and completely new on the market, contains the entire milled olive leaf. Its antioxidant potency is eighteen times higher than that found in green tea. There is scientific proof, of course. At the same time, you can reflect upon nature and look at those thousand to four thousand year old trees and ask yourself – how is it possible that they grow so old? Thus, everyone should come to the conclusion that there is something in this tree that must be stronger than the harshest of living conditions. So I do not have to understand everything. For me, it is sufficient to know that I can now take this substance, which manages to keep the olive tree healthy for thousands of years, myself. What an uplifting feeling!“

Indeed. I still have a question: „What are „Matchas“?“ I want to know. „The word ‚Matcha‘ comes from the Japanese and means nothing other than ‚ground‘. Furthermore, Matcha is the name of one the most noble and most expensive tea varieties in the world. For example, it describes a green tea consisting of precious ground tea leaves,“ Thomas begins to explain. „Our OLIVEDA OliveMatcha is the world's first tea exclusively based on ground olive leaves, containing its full potency. For this tea powder, the leaves of the mountain olive tree are ground according to an especially developed process so that all its powerful nutrients are completely preserved. In contrast to the Japanese Green Tea, OLIVEDA OliveMatcha contains neither theine nor caffeine. Its antioxidant effect, as described above, is many times higher than that of green tea. Oddly enough, in contrast to our olive leaves, the finely ground powder from the grated olive leaves does not taste bitter at all. I have yet to find out why

this is so. The Matcha powder tastes almost sweet and is very easily digestible. That is why it is also suitable as a super food and can be added to all kinds of different foods. Whether as an addition to smoothies, added to salads or as a sweetening refinement in baked goods, there are plenty of possibilities to use this beauty tool.“ „Beauty tool?“ I chuckle. „Yes, of course,“ Thomas insists. „The power of the OliveMatchas is akin to that of our original elixir. With every sip you ingest the entire spectrum of the beauty power of the olive leaves,“ he reports enthusiastically. „Naturally, the effect also unfolds from the inside out. Skin irritations and inflammation are alleviated: OliveMatcha also clears up the skin’s complexion and restores its natural radiance. By the way, the powder is also a powerful alkalizing food supplement. We owe all of these positive effects to the olive leaf extract.“



3,000 times
more
concentrated
than high-quality
olive oil → Cell juice
elixir

THE HEALING PROPERTIES OF THE OLIVE LEAF EXTRACT:

Anti-inflammatory

Very strong antioxidant, free radical scavenger

Supplies energy, recharges body and mind

Regulates blood pressure

Reduces LDL cholesterol

Improves the elasticity of the arterial walls

Relieves inflammatory skin conditions

Helps with cardiac arrhythmia

Promotes blood circulation and prevents blood clots

Relieves rheumatoid arthritis

Strengthens the immune system

Lowers fever

Keeps the blood glucose level stable

Helps with chronic fatigue syndrome

Effective against viral and bacterial infections

Effective against fungal diseases

Relieves colds and respiratory problems

Helps with weight loss

Relieves stomach discomfort

Effective remedy for infections such as bronchitis, pneumonia, herpes simplex, viral and bacterial skin diseases

Promotes the healing of cardiovascular disease, diabetes mellitus and rheumatic conditions

The olive leaf extract has significant antibiotic effects and a broad spectrum. The active ingredients from the leaves of the olive tree strengthen the body's immune defense and fight many infectious diseases, without the side effects and risks that antibiotics usually bring with them. Due to the use of different antibiotics in the food chain and food production processes, particularly in the field of factory farming, fattening pigs, cattle and fish, resistances to various antibiotics have developed. The development of new substances does not help in this case because at the same time, new kinds of bacteria are formed which are resistant to offspring generations of antibiotics. The result is: more and more frequent infectious diseases worldwide - in our super hygienic, so-called first world as well as in countries where medical care is less advanced. A natural form of antibiotic treatment that does not harm the body nor build up resistances is therefore not only an alternative healing method but the medicine of the future.

Additional important ingredients of the olive leaf extract are flavonoids, tocopherol, oleoside, oleanol, oleosterol and glycosides, all highly effective secondary plant substances known for their health promoting benefits.



„To see a World in a Grain of Sand
And a Heaven in a Wild Flower,
Hold Infinity in the palm of your hand
And Eternity in an hour.“

WILLIAM BLAKE

„I imagine your secluded life in the tree house amidst your new olive tree family was highly inspiring and creative,“ I inquire, „but did you never worry about the future? Did you never wonder what would happen if your dreams and plans could not be realized and you would end up having nothing at all?“ „No,“ Thomas answers quite firmly. „I just could not help but doing what I did. I was like an artist in his most intensive phase of his work. A painter who does not leave his studio because he is obsessed with completing a painting or a musician who retreats to his studio and does not show up until his music is perfect,“ Thomas explain. „You feel like you are caught in a current and what you experience is so intense that everything else does not matter. Whether you have money or food or what you are supposed to be live off tomorrow, it all seems trivial and secondary to what drives you.“ I know what he means. I have often thought about how it would be to break out of the conventional life in such an intimate and creative way and to submit to one single thing with your all in all.

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„Don't you feel completely lonely in such a situation?“ I want to know. „I was never lonely,“ Thomas smiles; „because - and you already hit it on the head - I lived in the company of my best friends, the trees. We communicated constantly. And I was only alone if I wanted to. I developed a deep friendship with Joaquin, who lived in Arroyomolinos de Leon and supported me in the purchase of the olive grove. As General Manager, Joaquin has become one of my most important and trusted employees,“ Thomas reports.

„It was such a creative time,“ Thomas reminisces. „I worked night and day to develop the cell elixir, which is now at the heart of OLIVEDA. Joaquin helped me where and whenever he could. We experimented a lot and it took quite a long time to get my first sensible results.“ Fate had it that Valeria crossed his path in this very crucial phase. The then 86-year-old had spent her whole life grinding olive leaves and pouring them with spring water to give her family the healthy, medicinal olive leaf extract, a tradition in many Italian and Greek families. Valeria worked side by side with Thomas through the formative time of growing OLIVEDA. She picked fresh olive leaves in the morning, covered them with spring water and ground them in the mortar until the leaf had completely dissolved into the water. „Later on, we optimized the process by

directly pressing the fresh leaves without adding water," says Thomas. „We had to learn a lot. At some point, we found out that the freshly picked leaves should not be stored for a long time but must be ground immediately in order to maintain their full effect and bioavailability of the ingredients for the body," recalls Thomas Lommel. „At the time, this was not feasible, of course, with the quantities we processed by hand.“

Today, a sophisticated biotechnological process ensures that the precious ingredients of the leave retain their full energy. To further enhance the efficacy of the cell juice elixir, Lommel added the extract of Camu Camu, considered to be the richest fruit in vitamin C in the world. Its ascorbic acid content exceeds that of oranges by a factor of thirty. In addition, it has a very high iron content. This combination provides additional protection from viruses and harmful environmental influences, in a highly effective synergy with the protective properties of the olive leaf extract.

„After hundreds of trials, we were able to supply the first one thousand bottles of our olive leaf extract to various healing practitioners, therapists and test persons.“ The response was overwhelming. Thomas and his small team received positive feedback on incredible recovery processes within a few weeks from virtually everyone. „There was an eczema patient whose long, painful ordeal finally came to an end thanks to the olive leaf cell elixir, a lady suffering from chronic hair loss, who was delighted by her hair growing hair back and by many other test persons who were impressed by the positive results. Since I knew that these effects could even be intensified, the more you give into the olive tree, I developed the idea to create a holistic Olive Tree Therapy that would even deliver better results for people," recalls Thomas Lommel. With the elixir, the medicine that works from the inside was created.



VALERIA (then 86 years old)
During the production of the extract of the olive leaf



FROM THE INSIDE TO THE OUTSIDE

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„In order to balance body and soul, a holistic therapy is essential,” Thomas Lommel explains. „Holistic means from inside and outside - incorporating a balanced Mediterranean diet, a lot of movement and - above all - to nourish and support the function of the largest organ of our body, the skin, with the precious active ingredients of the olive tree,” he explains. „With Valeria by my side, I began to develop cosmetic products and studied all about skin care,” remembers Thomas. „In my research, I quickly came across the fact that conventional cosmetic products contain seventy percent of water. This means that they almost entirely consist of a virtually ineffective liquid substance! I was quite bewildered about the waste, that such a large portion of a cream does not make use of its entire possible spectrum. It dawned on me what kind of enormous potential we had. At that moment, OLIVEDA cosmetics was born. I knew immediately that we could offer our customers much more than the conventional cosmetics industry had thus far. Instead of the conventional, neutral water base, all

the creams and lotions of our skin care line we developed are based on our highly effective cell elixir that is a true anti-aging miracle with enormous antioxidant properties. It contains high amounts of oleuropein, an effective radical scavenger that also stimulates the formation of elastic fibers in the skin. Its anti-inflammatory properties also make it a product of choice to alleviate sun burn and skin problems such as psoriasis, eczema, and acne. This means that our skin care is not only perfectly tolerated but also beneficial for highly sensitive, irritated or acne-prone skin.

In order to infuse even more strength into the olive leaf juice elixir, I adhered to Valeria's advice and exclusively used extracts from the herbs and plants that grow in immediate vicinity of the olive tree in our care products," says Lommel. „The special power of the olive tree is due to the synergy effect of different substances that mutually reinforce and complement each other in their effectiveness. It is only through this interplay of various ingredients that are linked together from the beginning, that it can transport the greatest possible positive energy and elementary force," he says. „Our skin care line is not skin type oriented. The cell elixir balances all skin types, meaning it is nourishing where the skin lacks something and has a minimizing effect elsewhere.

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By the way - and this is another milestone in the history of cosmetics - we can completely do without preservatives by using our cell elixir in most of our products. Thus, OLIVEDA products contain a one hundred percent beneficial spectrum. The list of positive attributes does not end here. In all our products, we use our world-renowned OLIVEDA olive oil. It is a living oil! Most cosmetics manufacturers use refined, dead oils. Not just because thus the product remains stable over many years. Here too, you do not need any science to know what is the better choice for skin health: Our extra virgin olive oil quickly penetrates the skin and nourishes it from the inside, unlike „dead“ oil. This is immediately visible upon skin application - without a study that proves it.”

„Valeria and I started developing skin care regimen in collaboration with various doctors, homeopaths and wellness experts, utilizing all this knowledge. They were initially used at the OLIVEDA-Spa of the Hotel Son Brull at the Spanish island of Mallorca. We created detoxifying body wraps, cleansing massages, nourishing oils and treatments that stimulate all metabolic functions, ridding the body of negative ballast,” says Thomas Lommel. The regimens are based on ancient recipes of monastic medicine, which Thomas received during his travels and specifications by nature itself. And the sole supplier for all active ingredients: the olive tree.



I want to know so much more, and I know Thomas has a lot more to tell. So I’m looking forward to seeing him again in a few days and to be impressed all over again - by him and by his best friends, the olive trees. I am both satisfied and tired. My mind is running with all the exciting information about the intelligent, venerable medicine man, the olive tree. Every pore of my body yearns with the desire to immediately start with the Olive Tree Therapy and experience all its health benefits myself. We bid each other farewell and good night. I can hardly wait to go to sleep, so I can wake up to make the acquaintance with my new beauty secret.

There are many reasons for the Olive Tree Therapy: Mental and physical balance or the desire for a new vitality are the subjective reasons. Improved blood parameters, a functioning metabolism, weight reduction and significantly rejuvenated skin are some of the measurable and visible reasons.

THE OLIVE TREE THERAPY AS AN INTENSIVE HEALTH CURE THERAPY TREATMENT

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In addition to my professionally motivated intention to get to the bottom of the entire OLIVEDA story, I wanted to test and prove the promise of visibly rejuvenating 10 years in 14 days, tackle my problems with insomnia and finally experience the feeling of a real, conscious life. I was certain: the Olive Tree Therapy would have a hard time trying to impress me: As beauty editor for Germany's most beautiful, high-gloss magazines, I have visited spas and wellness temples all over the world, enjoying every possible regimen - from organic to high-tech. I have been lucky to test different detox programs and get to know different retreats and philosophies that promise harmony of body and soul resulting in beauty. I have often been highly motivated and deeply impressed. Yet, I have never succeeded in adapting the new lifestyle and body awareness at home but also maintain it and carry it well into everyday life. All the more so, I was looking forward to



STAMP MASSAGE
is a part of the Olive Tree Therapy experience

being able to pause and perhaps even to experience how it feels to be completely in tune with myself and replenish my body and energy weakened by a much too modern lifestyle.

The Olive Tree Therapy, I learn at the OLIVEDA resort at Son Brull, is a program based on a thousand-year old therapy form: the Ancient Greeks, Romans and Egyptians revered the olive tree for its fruits and its oil. Both played leading roles in their respective cultures and were a constant in everyday life during these epochs. They were used for body care, healing modalities and represented an irreplaceable food source.

The source of all medicinal and care products used at Hotel Son Brull' Olive Tree Therapy: the Arbequina olive trees growing on and around the hotel premises, as well as the plants and herbs of its immediate surroundings. The tree provides the oil for massages, enemas and oral oil pulling rituals, the ingredients for accompanying spa treatments such as black olive peels and detoxifying olive leaf powder wraps, the olive leaf extract that can be found in every detail of the cure - and the energy for intense olive tree meditations.

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Embarking on the Olive Tree Therapy is more of a clinical than a Mediterranean experience: It all starts at the doctor's office. I am examined from head to toe. I have my blood work taken, blood pressure measured, ECG and lung function are checked, my weight and blood oxygen saturation are documented. The exams will be repeated at the end of my stay. I am curious to see if and how my already surprisingly good results can be improved.

I will be accompanied by an OLIVEDA therapist, who is also a psychologist and has an impressive knowledge of body, soul, nutrition and physiotherapy the entire two weeks. During our first conversation, her words evoke my expectation and longing for that joyful feeling of happiness hormones release upon toxin release.

First and foremost, the Olive Tree Therapy is a detox cure that rids the body of poisons and metabolic waste and thus overall strengthens and enables it to find its equilibrium.

Our plan for the next two weeks: lots of exercise, a balanced Mediterranean diet, daily steam baths and detox and nourishing treatments at the OLIVEDA-Spa. And - of course - lots of olive oil and other olive components in my diet, on the skin and every other inch of my body, both inside and outside. Literally, in the true sense of the word.

From now on, every day begins with a hearty sip from the bottle of mouth swishing oil! This fine oil contains a compound of the olive tree polyphenols hydroxytyrosol and oleuropein with extracts of medicinal herbs and Moroccan mint and is swished around for ten to fifteen minutes and pulled through teeth. It binds pollutants that accumulate in the oral cavity overnight or over a longer period of time and dissolves bacteria, toxins and acids from the mucous membranes. I learn that plaque on the tongue and gums are gently removed. Those who suffer from bleeding gums also quickly get relief. The morning routine stimulates the tongue reflex zones, metabolism and digestive system - perfect for starting the day. I also learn that you can look forward to visible successes of mouth swishing after about two to three weeks. The skin's complexion will be more radiant, fine-pored and clear and your teeth will sparkle fresh and white. Until now, this is just theory to me in which I do not take much faith in. Maybe it is because I perceive it as anything but pleasant in the first few days.

The second morning ritual also requires some getting used to but is fast to establish itself as addictive: the Orac & Camu Camu concentrate, developed by Thomas Lommel in his tree house. An elixir from the highly effective olive leaf extract, full of antioxidants, plus Camu Camu concentrate, considered the vitamin C-richest fruit in the world. Sounds delicious! It is not. On the contrary. Even when mixed with half a lemon and a tablespoon of olive oil (the more the better), which complements the concentrate for a healthy morning-morning cocktail; the extremely bitter taste of the olive-leaf mix still stands out clearly. However, I can tell you so much already: if you ever feel the benefits of this bitter extract, you will never want to do without that small drink with such an amazing effect.

Another highlight that requires some getting used to: the raw fresh grain breakfast cereal, served daily: coarsely ground grains soaked in water over night, refined with extra virgin olive oil and lots of fruit. It looks extremely healthy – and it is! And it tastes delicious – if you are open to really pure food. I also learn: there are no excuses. This fresh „porridge“ can be prepared without much effort at home. After a few days, I am so fond of it; I do not want to do without it in the future.

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After resting and digesting this morning routine, the daily „Morning Exercises“ begin – power walks through olive groves and sheep herds, followed by gymnastics, meditation and profound mantras that send the soul on a new path, every day.

After that, we hug an olive tree - it is incredibly amazing to feel how this century-old personality pulls everything bad out of my feet to replenish me with fresh energy from above.

I am not kidding. It will happen - even if you don't believe in it. I plan to hug trees at home in order to never forget this tingling sensation in both my fingertips and the soles of my feet, the feeling of being grounded and floating at the same time.

In the evening, I share my experience with Thomas. He has already told me so much about his trees. Only now though, after my incredible experience, do I have an inkling of what he is talking about. „What happened? What did I feel when I hugged the olive tree?“ I ask. „Everything in the world vibrates and transmits energy; everything communicates and is connected to one another. And that's the way it should be,“ explains Thomas. „We humans have forgotten how to receive. We have been so detached from nature that most of us do not know that modern lifestyle disorders such as burn-out and depression, which are a reflection of our time, the symptoms of disconnect, and the signs of a life outside the natural law and order,“ he explains. „For me, what you've felt is the intelligence of nature that manages to balance us. It turns away everything that hurts us, at the same time strengthening our own nature, which is beneficial to us.

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By the way, this also applies to OLIVEDA cosmetics. We do not distinguish between dry, oily or combination skin, but completely rely on the fact that the power of nature in our creams will be balancing the skin.“ Anticipating yet another question of mine, Thomas continues: „Of course, you could also hug other wild growing, old trees. However, experience has shown me that the olive tree makes it particularly easy for us to find access to and to connect with the primordial information of its energy. Somehow the tree surrenders to us human beings, which if you study its history, is nothing unusual.“

Thomas' words whirl around in my head and prompt me to formulate new questions. „Why are you talking about wild-growing trees?“ I inquire. „Can't I just go to the tree nursery next door and look for a kind friend to embrace?“ „Of course you can,“ he smiles. „And it would definitely be better than having no access to nature at all. However, you will get the highest level of real primordial information from old, wild-growing trees.



OLIVEDA olive trees, for example, are located in a natural reservation where they have been allowed to grow for hundreds of years as nature provides. They are extensively cultivated, which means they grow without fertilizer nor do we use pesticides. Also, they are not watered, so they sometimes have to fight for their survival. That is why they have much more and quite different energy than trees that grow in rich monocultures where, during their usually very short life span, they can pull everything they need out of the soil with ease. This is also the reason why our trees provide particularly valuable ingredients with an exceptionally high level of vitality for our products." I believe that immediately. Besides, I am surprised that I haven't thought these thoughts myself. „But aren't you a little romanticized when you say that the olive tree surrenders to us humans in a special way?" I contend. „I do not make this us," laughs Thomas. „We humans, at least most of us, always want more and more, and are probably never satisfied.

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One might ask why this is so. Perhaps because we are uprooted and do not feel our nature anymore and thus the infinite love that surrounds us," he begins. „From the very beginning, the nature of the olive tree has been benefiting us humans. That is its calling. There are testimonies of this from every era in time. The olive tree was not just of service to humans but also to the gods who honored them," says Thomas. „In the Bible, for example, the following is written: ‚Once upon a time, the trees went to anoint a king over them. And they said unto the olive tree, Be king over us. And the olive tree said, ‚Why would I give up my fatness for which gods and men praise me and instead be above the trees...?'“ Thomas quotes. He explains, „This is just one of the myriad of myths and stories around the olive tree and its love for us humans, which we need so much, not only to anoint us with his „fattiness“, inside and out, but also to learn humility, dedication, restraint, passion, love, generosity, courage and silence," Thomas continues his explanation gently, noticing that I perceive his remarks as a bit out of touch with my idea of reality.

„If this is too cheesy for you, go study and collect information about the olive tree yourself. After just a bit of research, you will soon learn that there is no other plant that has awed people as much as the olive tree. Myths and legends tell about it, poets, painters and musicians were captivated by it. Ancient cultures already believed

that the olive tree was created for men and gave itself to them - because it provided them with food, medicine and wood for building and heating and also provided shade. And if you want to know exactly, just go to an olive tree just as you did. It is impossible to escape its allure. Whoever touches it with their hands and gets involved with it will feel its special energy, I am certain." I agree because that's exactly what happened to me. „The most important things in life," Thomas begins, looking at me with fervor, „the things that really affect us, are not provable!" Thomas departs with this sentence and I reflect on it for a long time before I fall asleep. About what really influences me, my thinking, my feelings and my actions. Do I know at all? What I know for sure is that I've never been so preoccupied with myself before. Somehow I've walked through life, day by day, have felt joy or nothing. A lot just happened to me and I never questioned or tried to influence it. Perhaps, because I did not know which way I wanted to go and what really makes me happy. I begin to realize what Thomas meant when we talked about who this book should be written for.

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He said:

*„I want to awaken people's longing for a real life.
I want them to have the courage to really feel life.”*

I dose off with these last thoughts, looking forward to a tomorrow that hopefully holds more extraordinary encounters, with my new friends, the olive trees.





Back to the Olive Tree Therapy, back into the protective, nurturing arms of the venerable, Mediterranean medicine man. At the OLIVEDA Spa, my body is pampered every day with all the care products the olive tree provides.

During the course of the therapy, I experience different treatments. They all start off with a pore-opening visit to the steam room and a wonderful foot wash, an antique ritual that deeply relaxes and prepares the body with all its senses for the ensuing treatments. Upon request, the foot wash is followed by a scrub with olive pit granules and a massage with mint, lemon and other herbs-infused olive oil.

THE OLIVEDA TREATMENTS

A VARIETY OF FACIAL TREATMENTS

After a thorough skin analysis, each facial is customized to the skin and its particular needs. The regimens consist of an individual combination of cleansing and deeply nourishing concoctions of effective ingredients and special massage techniques.

OLIVEDA SCRUBS

Hand-made pastes from powdered olive leaves, Mediterranean herbs and flowers, or crushed black Arbequina olives, blended with honey and brown sugar, are applied to the body with powerful massage strokes, followed by a rinse and rub-down with essential olive oil-based oils.

OLIVEDA OLIVE STONE TREATMENT

An indulging massage with warm olive wood stones, hand-warm nourishing oil and fragrant plant essences that deeply relax the body and mind and intensively nourish the skin.

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OLIVEDA OLIVE STAMP TREATMENT

An extraordinary massage with warm olive sacks, filled with an intense, rejuvenating olive tree blend of sixteen different herbs and hot olive seeds. The entire body is massaged with the synchronized guided herbal stamps, releasing tension, activating the metabolism and vitalizing both body and mind.

OLIVEDA OLIVE WRAPS

The entire body is first prepped with a brush massage, then covered with a paste of various Mediterranean herbs, olive leaves and olive oil, and wrapped in towels and a warming thermoplastic film. During the thirty minute treatment, face, head and foot massage are optional.

Just like the peels, the pastes for the body wraps can be tailored to the individual, desired effect. There are soothing and stimulating compositions as well as a blend specially developed for cellulite.

My first, extremely relaxing olive wrap was followed by a deep tissue massage with olive oil, which activated my body down to its deepest skin layers, stimulating metabolic functions, excretion of toxins and tightening of the connective tissues. This massage is anything but relaxing - the effects are clearly noticeable. Fortunately, the yoga class following my afternoon nap brings new elasticity into my joints and tendons.

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I enjoy the morning rituals and exercising in the fresh island air. After the third day, I also feel the first reactions of my body: I constantly want to rinse my mouth and brush my teeth. According to OLIVEDA's philosophy: something wants to get out of me - detox is in full swing! Perfect timing for the enemas with warm olive oil that are on the agenda now. If you believe experienced olive oil users, there is nothing better. Indeed, my panic is unfounded, all precautions are superfluous: enemas with olive oil are very pleasant, everything flows the way it should.

After the fifth day, weakness tries to take over my body. Does detoxifying my cells take all my energy? All my joints hurt; I can barely climb the stairs to my room. So I am very fond of taking the recommended nap.

With the next modality, this feeling is reinforced. Next day is elimination day. The night nap - castor oil - will certainly never become a favorite mine. With me, it also

misses its effect. While others constantly have to run to the bathroom during the course of the day, I only experience bouts of energy alternating with extreme fatigue attacks. I can hardly move. But who knows what this is good for.

On a morning walk, the OLIVEDA therapist diagnoses my x-legged gait. Her interpretation that I „hold something back“ is in line with my non-response to the castor oil. At the OLIVEDA-Spa, a Roling leg massage is supposed to dissolve existing blockages, especially in my legs. My hitherto inconspicuous thighs respond with atrocious pain, which spreads to the lower back and then abruptly disappears. The next night, I sleep and dream terribly. Does letting go feel like this?

After about a week, headaches confirm my caffeine abstinence. New on the agenda: massaging the nasal cavities with olive oil. Feels great - and I ask myself again: Why have I never done this before? On our walk, suddenly, I can't restrain myself and start running. I am full of energy. In the last few days, I was quite sensitive which is quite unexpected as it is contrary to the fire that usually burns in me. I have almost too much energy for the lavender Reiki that is supposed to ground me that afternoon. The mantra of the day could not be more appropriate: „letting go of old habits and behavior patterns in order to open up for new things and to walk down new paths in life.“

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According to its color, the olive-whey bath releases a lot of bad stuff from me. The mouth also reports about things it wants to get rid of. I am impressed how intensely a detoxification process can be felt. Did I actually mention the ear pack with olive oil? This was not the last body orifice to enjoy the fine Arbequina oil. Today, a tampon soaked in olive oil balances my hormones.

Following day eight, I start sleeping badly. I'm freezing. I feel uncomfortable. Is it because Thomas Lommel advised me to take the super detoxifying Orac-Camu-Camu-Cocktail three times a day to get my metabolism revved? Is my body overwhelmed with that much pure energy? In the steam bath, I press my body on the warm tiles. It is as if my body is crying. The OLIVEDA therapist knows that ridding toxins and acids from the body, old feelings also dissolve... Well, then go.

After a wonderful OLIVEDA facial treatment the next day, my emotions seem to be back on a positive track. And the look in the mirror gives me reason to smile. All fatigue is gone. And there is still more missing: the small wrinkles around the eyes - gone! In addition: limb pain, hunger, worry - all of the above is history, resolved by the power of olive trees in this wonderful place.

On day twelve, I am deeply relaxed. I lie down at noon and sleep. My entire life, I have not been able to do that. Unimaginable. Sleeping during the day today - wonderful! I sleep so much that I miss my beloved afternoon yoga session. What a success! But how about in the real world? Will I ever be able to enjoy such moments at home?

One last stop: the doctor in Palma de Mallorca. I repeat all tests and exams again and am impressed. My blood work was not too bad to begin with but has since improved significantly! Although I have lost only a little weight, my body fat-muscle ratio has changed to the positive and the blood free radicals indicating environmental toxins and an unhealthy lifestyle are much better than two weeks ago.

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A final look in the mirror: My skin is perfectly tuned by daily scrubs with crushed olive cores, deep cleansing steam baths and various massages, customized according to their natural functions - and you can really see it! My glow is back, it competes with the Mallorquin sun. And the really important thing: My inner self is aligned one hundred percent with my outer self. I feel. Myself. Feel well. I feel like I have arrived. Fit. Clear. Very close to me. Even more so, my awareness has changed. I can go jogging and feel the nature that surrounds me. I see trees that I want to hug and I can go to bed at night in order to sleep. A real, restful sleep, I have not known for a long time. What a wonderful achievement!

But how much of it can I take home with me? To the city, to my editorial office? How much of it will be preserved and not crushed and destroyed by everyday life, juggling appointments and a busy social life? I'm curious. And I intend to walk even more consciously through life, at home. And of course - start every morning with oral oil pulling, Orac & Camu Camu, fresh grain cereal, walking and meditating... You already know what I mean.





OLIVE TREE THERAPY

2.0

The future begins - now!

77

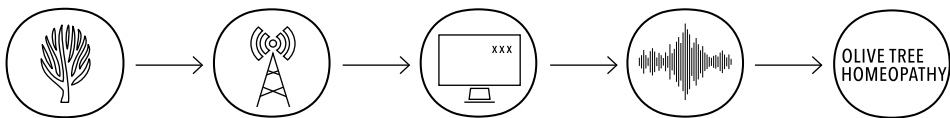
On the evening before my return, Thomas and I sit together and talk for one last time. I feel good. Well. Purified and grounded. And although I've been languishing for a moment - sometime during these past two weeks, I was going through that low point everyone is supposed to experience during a detox cure, when my entire body was aching and I realized that sugar and not the expected chili is my strongest addiction. And in spite of the already very visible results, I asked myself what I was doing and why... Even though I secretly poured myself a glass of champagne (and immediately regretted it), I am proud of myself and my body. Pride is not really the right term for when you finally have a connection to yourself. Let's say: I am happy for myself and my body. We are finally in touch with one another and have achieved a certain kind of balance. Maybe it is a bit like Thomas Lommel enjoying every morning of his new life that he has now already been enjoying for almost twenty years. What is new to me, has been part of his everyday life. Now that I know how great it is to be cons-

tantly in touch with nature, I envy him a bit for having his trees. Hardly anyone will be able to achieve this much after being catapulted back into real life upon completion of the Olive Tree Therapy.

„Well, in a way, it will be possible, after all,“ Thomas' chuckle makes me curious after I voiced my reflection. „If you want, you can receive the vibrations and primal information from the olive trees every day, 24/7, in exactly the dosage your body and your soul need, no matter where you are in the world. „Hmn, I marvel, visualizing myself walking around, holding an imaginary olive tree key chain. „But how?“ I inquire, “because this imaginary miniature tree will certainly not be able to look back on a centuries-long life in harmony with nature, in order to supply me with the coveted positive energy that I lack in Hamburg.” I look at Thomas with a big question mark in my face. „The motivation for everything I've done has always been a desire to share the incredible power of the olive tree that I was allowed to experience on my own body,“ he begins. „That is why I have been looking for a way to give the trees a voice, and somehow to carry their energy into the world so that others are also able to receive it. I founded the company branch „The Olive Tree People“ and I joined forces with experts from all sectors: Bio-scientists, physicists, artists, IT experts – I asked whoever seemed useful to me for help. And we did it. We have created the technology to connect our trees in Andalusia in real time with people all over the world.“ Thomas pauses and looks at me and I cannot wait for him to continue because this sounds too good to be true. „Actually, it is not,“ Thomas replies modestly. „It is quite exciting to equip thousands of these old living creatures with the very latest technology. We have created the most modern trees in the world because our mountain olive trees are online! A transmitter is attached to each tree, which of course does not damage or otherwise affect it negatively. The transmitter is used to send the energy and information of the tree to a specially designed transmitter station, from where they are fed into the Internet in real time. Your body can receive the energy directly via an app and a bracelet.

Alternatively, if you want to fill your home or office with the positive energy of the trees, „Big Olive“, is a decorative transmitter attached to the wall like a piece of art. That is how everyone who wants to can receive the primal information and energy of

the seven-thousand-year-old olive tree science - no matter where you are and in exactly the right dosage that the recipient needs. Even here, despite the latest high-tech, which is used as a vessel, nature remains unrivaled in her intuition." „And when I cannot be online, for example, when I am flying on an airplane?" I try to play devil's advocate. „Then you will continue to be supplied with the energy of your tree. There is storage that provides the primary information for such purposes."



Thomas calls this Olive Tree Homeopathy. I'm speechless: „Thomas Lommel is the Mark Zuckerberg of nature.“ I am fascinated. He has established a social network and connects people all over the world with ancient, thousands of year old olive trees that enable them to find the much needed balance in their lives.



NATURE GOES ONLINE

The first trees are being equipped with transmitters

During the test phase, the first trees that went online sent their information to the OLIVEDA flagship store in Berlin. With the help of high tech technology, the different vibrations are transformed into melodious sounds. Now, soothing harmonic melodies, composed by the energy of the mountain olive trees in Andalusia, are audible in the entrance of the OLIVE TREE PHARMACY in Neue Schönhauser Straße in Berlin. Anyone passing by can listen to it and absorb some of the positive vibrations of olive tree energy.

„My idea to make the energy of the olive trees audible has been very well received,” says Thomas proudly. „Expert meditation professionals experience more intense sessions with the help of the trees’ vibrations and can achieve completely new dimensions of meditation. I also know different healing practitioners who utilize the energy of the trees in order to intensify their healing sessions,” he reports. „And that’s not the only evidence that we are right on time and on track with our technology,” Thomas adds.

He explains, „Living outside the laws of nature will eventually lead to experiencing symptoms of the different lifestyle disorders as previously illustrated. Recently, science has become increasingly aware that the benefits of holistic methods like our Olive Tree Therapy deserve more attention. In October 2015, just when we went online with our trees, the German Federal Ministry of Health officially confirmed that tree hugging has a positive effect on human health.” Thomas rejoices about all of the coincidences that life always seems to have had in store for him. „Studies have also shown that children with ADHD will quiet down and become more balanced by the vibrations of nature. Headaches and depression can also be alleviated,” he elaborates. So there is finally scientific proof about what nature so readily has to offer. Of course, it would also help these children or patients to play in the forest, go for walks or connect with nature otherwise, on a regular basis. „Today’s way of living in metropolises does not allow for such,” Thomas explains. „That is why we have to bring the forest to the peoples’ homes.”

„Since we are talking about the forest“, I inquire: „How many olive trees are now part of OLIVEDA?“ „At the moment, there are 2.5 million square meters of mountain olive groves, located in the protected natural reserve where I built my first tree house.

The trees supply ingredients for about sixty OLIVEDA products, which are available in more than thirteen countries in pharmacies, perfumeries, concept stores and in our online shop. And they have just recently started being online all the time, 24/7,“ Thomas smiles. „You know,“ he reflects, „that is far from the whole story. With all that the olive trees have achieved, OLIVEDA has managed with the help of sustainable agriculture - and I dare say as the only company in the world - to create a balance of economy and ecology.“ I am not sure if I quite understand what Thomas means and look at him inquisitively. „We humans have separated what nature has been practicing as a symbiotically functioning unit for millennia,“ he begins to explain. „Ecology and economics - one needs the other, in order to thrive, especially in agriculture or the agricultural industry. Unfortunately, people are always trying to squeeze the maximum out of it when they manage a piece of land. So much so that this piece of land is completely exploited after about ten years and nothing can grow on it anymore. It must then be left to itself to regenerate. In my opinion, this is not economic. It would be economically sustainable to create a cycle of processes that support each other and keep each other alive and participate in the process instead of destroying one another. Such a natural cycle would provide a prerequisite for an ecologically sound concept.“

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„And that is what you achieved with your olive trees in Arroyomolinos de León?“ I inquire. „Our mountain olive trees grow as nature intended, without pesticides or additional irrigation, in harmony with nature, surrounded by plants and herbs, with which they have a symbioses. That way, a healthy balance is created. It keeps the soil fertile and everything that grows here is infused with an extraordinary energy. We produce smaller crops but what we harvest has a much higher energy and primordial information and is thus of much greater value,“ Thomas explains. „In addition, we keep a thousand year old cultural and cultivation landscape alive: amid our olive groves, cork and stone oaks, fig trees and sea-fin, wild asparagus, rosemary and lavender grow. We also keep beehives and wild Pata Negra pigs, goats, donkeys and sheep

live in harmony with nature. Through these measures, native insects, plants and wild animals can continue to thrive in and around the olive trees, preserving local biodiversity. This in turn safeguards an intact and diverse environment."

That sounds great I think but Thomas frowns. „I know that we are very privileged to be able to farm like we do. This is only possible because our income does not solely come from the harvest of olives," he states and continues: „It is a sad fact that traditional olive farmers, who manage their wild growing mountain olive trees by hand and carry the olives on donkeys, cannot even ensure their survival with this extensive form of agriculture. This is because they can't possibly keep up or compete with industrially cultivated monocultures, where more than one thousand trees per hectare are planted and kept small, so that they can be worked on by harvesting machinery. Such monocultures deliver „extra virgin olive oils", which are offered in the supermarket shelves in the lower price segment and generate more than ninety percent of sales revenue. In addition, these farmers have no, or at most a low, value-added chain - they have no choice but to sell their olives to purely profit-oriented cooperatives that keep prices immorally low - if they at all take the effort to harvest from their trees for such a low profit.

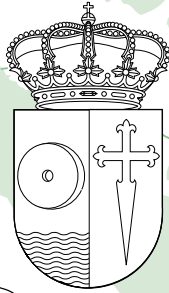
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The effects have been clearly visible in recent years. Precious olive tree orchards are abandoned and overgrown because they are no longer cultivated. This raises the risk of fire in these areas to a dangerous degree. Incredibly beautiful nature regions that are protected as a natural preserve are lost to the jungle or simply burn down. These farmers, who can only stand-by and watch their land getting to waste, are not much helped by a EU subsidy of one Euro per one kilo of olives. Even the greatest idealists among the mountain olive farmers are now giving up. As a consequence, many young people migrate from the villages to live and work in larger cities. Thus, the formerly beautiful white villages and the adjacent beautiful natural regions are partly abandoned."

„But how did OLIVEDA manage to operate both extensively and economically? You too harvest without machines and let your trees grow as nature intended?" I am stunned. „I believe that the art in life is making the best out of the existing," Thomas

muses in his typically emotional manner. „And from the willingness to constantly adapt to new situations and find solutions,” he continues. „That’s exactly what I did with OLIVEDA,” he visibly rejoices as he reminisces. „After we experienced the exciting feedback for our olive leaf extract, we knew that for OLIVEDA we did not just only want to use the olive as a product from the olive tree but all the olive tree has to offer, especially its leaves. So, more than thirteen years ago, my friend Joaquin and I spoke enthusiastically to the co-operative of the villages that manage the olive groves in Arroyomolinos de León to negotiate the possibility of a double harvest. It was sobering. Our idea was met with laughter and skepticism by the farmers. In their eyes, these naive Germans wanted to declare as useful what the mountain olive farmers viewed as waste, what they burned, or best case, fed their pigs, the cutting of the olive-tree, and thus also its leaves and label it the green gold of the mountain olive trees. Nobody here wanted and could imagine that we would succeed with it. After some back and forth, we came to an agreement because the cooperative was happy that someone took care of the abandoned olive groves. No one believed in our project. But Joaquin and I did not get discouraged and started off with great enthusiasm. We knew what an incredible product we wanted to produce from the leaves of the tree and had a clear goal in mind.”

Thomas and Joaquin were right: until today, with their supposedly crazy idea, they were able to save expansive areas in the Nature Reservation Arroyomolinos de León and make them usable and profitable again. With the management of the olive groves, the OLIVEDA Group has now made a significant contribution to the protection of nature in this area. Thomas also needed more and more staff members with the grove’s growing production. Thus, he created jobs and new perspectives for the locals in the surrounding villages. In 2013, Thomas Lommel was the first German to be elected president of the cooperative of the villages. The mayor of Arroyomolinos de León thanked him for his positive impact on the area, According to her, OLIVEDA is the largest environmental conservationist in the region. „And certainly the most innovative,” Thomas adds proudly.



ARROYOMOLINOS
DE LEÓN

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ANDALUSIA





IN THE BEST COMPANY

Thomas calls them „his boys“: staff members and helpmates in the OLIVEDA olive groves



“Trees are sanctuaries. Whoever knows how to speak to them, whoever knows how to listen to them, can learn the truth. They do not preach learning and precepts, undeterred by particulars, the ancient law of life.”

HERMANN HESSE



BIG OLIVE

The bifilar coil transports the vibrations and energy
of the mountain olive trees into the room

„This is how innovation is achieved,“ Thomas cheers with enthusiasm. „You need a long term vision and even more passion!“ And it pays off: „Two years ago, when I stood in front of the native old mountain olive farmers again and told them that we now give the trees a voice and connect them to the world, many of them still grinned. However, their resistance and skepticism has not been as great as in the beginning,“ he describes the reaction of the mountain olive farmers to his idea of Olive Tree Homeopathy, a project that even in our constantly connected large-city-dominated world, still requires explanation. „I am proud that I have been able to earn the trust and respect of those people because OLIVEDA is absolutely profitable – even though we treat our resources and nature respectfully,“ the passionate olive grower reports. „I would even go as far as to say that my olive trees in Arroyomolinos de León are the most profitable, sustainable piece of land in the world.

So, I finally answer your question: the genius trick that guarantees the balance between economy and ecology in our olive groves is our Olive Tree Homeopathy. It is the strategy that makes it possible to yield the world’s highest income from one hectare of land without harming nature!“ Thomas enthusiastically reports. I am anxious to hear his explanation. „It’s easy. If you want to be connected to your own mountain olive tree, via a bracelet or wrist band similar to Fitbit or the „Big Olive“, you pay for a monthly subscription fee of 19.95 euros. A small amount, compared to the tremendous power and energy you receive around the clock, day and night, every second, 24/7/365. For us, it means that we benefit from every single olive tree in our groves that sends its elemental information into and around the world - before we have even cultivated it in any way. The income from Olive Tree Homeopathy allows us to work in Arroyomolinos de León, to protect the region and to keep it alive, and above all, to continue anew every day. Over the next five years, we will be able to buy more mountain olive trees and hope that we will soon have more than ten million square meters of land in the Natural Reserve in Arroyomolinos de León, all of which will go online before a single olive has been harvested, and in doing so, contribute their part of the balance between economy and ecology.“

“If you love something as much as I love my trees,
then you have no choice but to do the one thing that
feels right.”

TRUE HAPPINESS IS...

... to do what you believe in

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It sounds to me as if Thomas Lommel only had a positive experience since founding OLIVEDA. As if everything he touches has been crowned with happiness and success. „Of course not,“ he discards my all-too-positive thoughts. „There were several phases where I thought I did not have the strength to carry on,“ he admits. „It’s the same with a great love: you come to a point where it does not seem to work out anymore. But when I asked myself in these dark hours what I should be doing instead, I could not imagine anything other than my work with my olive trees,“ he heartwarmingly recalls why he never gave up.

„One of the darkest moments in my time with OLIVEDA happened just a few years ago,“ Thomas begins to retell the story of what has hurt him to the core. „Initially, of course, I had only very limited financial resources at my disposal for my work with

OLIVEDA. So we thought of a fair way to secure our mission in Arroyomolinos de León. We had sold part of our olive trees to clients and planned to buy them back from those buyers over a period of ten years. What I did not know was that these business models are transactions that require a banking license. Of course, we did not have one. There had never any discussion of pursuing anything like it. Even before our alleged ‚deposit transactions‘, we were summoned to appear before the Swiss Financial Market Supervisory Authority (FINMA) in Bern, while asset liquidators were at the doorsteps of our company in Basel. In Bern, I was told that I had apparently violated the law. I was ordered to work only under supervision of a court-appointed liquidator. Furthermore, the companies of the OLIVE TREE PHARMACY GROUP were threatened to liquidate. I was shocked, especially about the tough love from FINMA. The first act of the FINMA-appointed liquidator was transferring one hundred thousand Swiss francs of our capital to his attorney account - to safeguard his expenses for the first few months. After that, the liquidator would have been in charge of liquidating the companies. We were forcibly disowned overnight,” describes Thomas the outrageous events that threatened to pull the rug under his feet. „The worst thing is that it was all done under the pretext of benefitting and protecting our clients,” Thomas continues. „To this day, FINMA claims that the sale of our olive trees - whose 100% legality we can prove, of course, as attested by all attorneys in several cases according to Spanish law and confirmed by appropriate expert opinions - was not valid.”

It was portrayed as if Thomas Lommel had accepted public shares which only the holder of a banking license can do. „As a result, all the previously sold olive groves returned to be property of our Swiss company, which had already been under FINMA supervised management. Simultaneously, they started bankruptcy proceedings,” Thomas reports. Thus, the olive groves were no longer owned by the independent buyers but would flow into the bankruptcy from which the administrator would be the first to use. „Only what is left after the deduction of all costs is distributed to the creditors of the company - those clients who have trusted us,” Thomas recalls sadly. „Such asset administrators are particularly expensive in Switzerland. For properties like ours where there are rarely serious potential buyer prospects, usually little to

nothing remains for the creditors. Supposedly, the law is protecting the clients. For me, it was such an incomprehensible maneuver," he adds, „that after the opening of the bankruptcy proceedings for our Swiss companies, we quickly decided to take responsibility for our customers and to compensate each according to their contribution. In order to do this, we distributed nearly one million square meters of mountain olive groves from the stock of another company free of charge. In return for this million-strong commitment, our customers withdrew their claims against the Swiss companies in our favor. For me, this was the only feasible way to act fairly on behalf of all parties involved. After all, to us, our clients are real partners for whom we take responsibility.“ Thus, the US parent company of the OLIVE TREE PHARMACY GROUP became the largest creditor of its own companies in Switzerland. „But even that could not change the situation in Switzerland," Thomas reports. „According to FINMA, the alleged offense of illegal banking remained unchanged. If I had resigned to the injustice and not intervened and acted myself, our clients would have ended up with nothing or just a few Swiss francs from the bankruptcy, after years of negotiations.“

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„I can really imagine how such experiences rob your courage and strength to go on and continue to make a difference," I suspect. „If you allow that, sure," Thomas admits. „But if you love something as much as I love my trees, then you have no choice but to do the one thing that feels right," he replies. „I had already founded other companies - however - none of them required as much energy as this one did. Yet, I have not believed in any of them as much as in this one.“ This profound, irrefutable trust in the olive trees is certainly the reason why Thomas is not interested in eco or biological certificates for his products at all. Such awards present an enormous consumer incentive and could easily have given the OLIVEDA brand another publicity boost and additional buyer incentive. With this in mind, I find it slightly strange to not utilize such an important marketing aspect, especially since it seems so easy to obtain. „It's not like we don't get any awards," Thomas explains. „In 2011, for example, we were invited to present our olive oil at the „OLIO Award", organized by "DER FEINSCHMECKER," a German-language gourmet magazine. OLIVEDA olive oil received very successful awards! We also went home with a medal at the Swiss „Olive Oil Award". But I have already explained to you why such awards and studies or

scientific evidence do not mean anything to me. What counts is what it can actually do, for each individual. A good example is homeopathy: whether you believe in it or not, it does not matter - it will have its effect. For our cosmetics, I certainly could not care less about certifications by any authorities," he brushes off my question permanently. „Cosmetics are about touch and connectedness. I have to touch the depths of the heart, make the body healthy and reach the soul, so the radiance of beauty will be visible from the inside out. It is not enough to just polish and maintain the surface. In our cosmetics, it is all about the extraordinary power and energy of the olive trees, these true survival artists. The effects of the products are visible. For instance, our SOS gel alleviates itching from eczema within just five seconds. This has not been confirmed scientifically but by grateful customers. So this is a good indication of what our cosmetics can do. It is not because we have developed such great formulas, that I label with some seal. It is because the cosmetics are based on seventy percent of the incredible elixir of olive leaves.“

*The olive tree is simply much more intelligent than anything
we could develop in the lab. Nature is unmatched.*

Before I can reply, Thomas continues, because we touched on something that annoys him the most. „I have another good example. If I do not have the mouth pulling oil at hand, I simply use one of our body oils to swish it in the mouth. On the one hand, because the olive leaves have been „infused“ in both of them for two weeks, so they have fully developed that energy that I long for in my morning bath. Our body oils are so pure and unadulterated that they can also be used without a doubt in the mouth. I do not need a seal for that either. It is a given.

Unfortunately, we have been conditioned to only believe what is propagated by scientists, authorities or other so called experts. Nobody believes in what he sees, tastes or feels anymore. Just think about how absurd it is that millions of people walk around with a little computer meter on their wrist, telling them whether they are moving around or exercising enough, their heart beats regularly or whether their diet is optimal. These people are not in touch with themselves anymore. And the more they surrender themselves to this supposed progress, the less they will know their true needs.

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Everyone knows best what and how much he needs. Also, everything man will ever need is already there. Unfortunately, however, as a result of the ever-increasing industrialization, indigenous people who have great formulas for remedies are being displaced and extinguished all over the world. This is what science is very much interested.

However, industrial progress extinguishes all this excellent knowledge along with indigenous people - everything original. Then, they search for something that offers exactly these effects and benefits, develop it in the laboratory and present it as a novelty,“ Thomas reports with great upset. „You know, everything has always existed, nature is perfect and has a solution for everything! But man has to prove every detail scientifically because he cannot or will not accept or believe it. But then it is usually destroyed. That’s why I’m not really interested in scientific evidence, seals and certificates.“

The solution is to connect with nature.
Be yourself. Experiment. Rely on your senses and feel:
What is good for me and how much of it?

THE OLIVE TREE THERAPY

as an individual treatment for the home

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Back in Hamburg, I basked in admiration of my new radiance. The compliments ranged from „You look so rested“ to „Admit it, you had some work done while you were gone.“ I answered with a detailed report about the Olive Tree Therapy and shared my plans for the future. I wanted to continue with the health and beauty regimen I had experienced at Hotel „Son Brull“, with just a few concessions to the city life, of course. Mediterranean diet, lots of exercise, mindfulness and Olive Tree Therapy rituals as part of my everyday life. It shouldn't be too difficult.

But it was. All my good intentions I had brought from Mallorca were slowly but surely consumed by the stress of everyday life and the positive energy of the Olive Tree Therapy faded at about the same time as the radiance of my complexion. I hurried again through a life dominated by a pressing calendar of work and time-consuming leisure activities, full of supposedly important things that just had to be done. I ate - as always - consciously, preferably quickly, without much sense of enjoyment or connectedness. I went jogging on a regular basis, almost compulsively, carrying around negative thoughts as heavy luggage. And I forgot all about what was of most importance. Myself. Or nature. Or, for the advanced: both.

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Little by little, appointments for beauty treatments such as botox crept into my calendar again. And despite my intense relationship with my animals, I seemed to have lost touch with nature again which is so important for me. In the trusted company of my mobile phone, I took long walks and horseback rides without enjoying the beauty of my surroundings. I abused and misused this precious time that I spent with creatures dearest and most important to me, walking through impressive forests and magical landscapes, reading my emails.

In doing so, I did nothing else but being constantly in touch with the universally acknowledged and networked rest of the world, but was completely detached from myself, leading the same, essentially completely detached, soul-less everyday life of our modern age.

If you had told me right upon my return, when I was still filled with that exuberant feeling of happiness that the Olive Tree Therapy had infused me with and I nurtured the relationship between my body and my soul so carefully and enjoyed taking care of myself and my environment, if you would have told me then, how I would succumb and give up this feeling, for reasons hardly recognizable as such - I would have never believed it. All the worse when it was almost so.

Today I know: even if I had wanted to - never ever could I have succeeded in integrating a truly authentic way in accordance with Olive Tree Therapy principles into my everyday life. Even I, who I am familiar with nutritional and fitness programs and

have always tried to live consciously, and can rely on professional knowledge and resources, had no guide nor the strength, something or someone taking me by the hand, showing me how it is possible to integrate rituals of the Olive Tree Therapy into any situation of life. Thomas Lommel has found this motivational energy in his meditations and the trees have cleansed and wiped away any doubt while he acted instinctively and listened to his body. Most of us require much more conventional guidance. I know many similar stories: people on the brink of burn-out or other stress-induced symptoms who still have enough strength and sense to recognize the situation and to act accordingly. Whether traveling to India, Bali or somewhere else to detox, to indulge in an Ayurveda cure or to appease the body with different healing modalities such as exercise, cutting-edge nutritional and detoxification concepts. They all come back, highly motivated and full of good intentions. In order to witness how they become unfaithful to their new, healthy self and welcome back the old, stress-resistant ego that has made the body sick and continue where they had left off just shortly before. For lack of possibilities mostly, for convenience, or because they simply do not know how they can implement what they learned in an exotic location back at home with domestic means. Perhaps simply because India, Bali and elsewhere are so far away and so much connected with the feeling of „time out“ that one has turned their back to the new feeling of life as early as already on the return trip.

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Olive Tree Therapy

10 years in 14 days
!!!

THE OLIVE TREE THERAPY @HOME

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For these people and for those who do not have the chance to get away for a spa vacation or who want to slowly approach the possibilities of a more healthy and natural lifestyle, Thomas Lommel has developed the concept of an Olive Tree Therapy that can be followed at home or at any other destination.

The Olive Tree Therapy @home is the chance to integrate a new, balanced lifestyle style with all its consequences and rituals into everyday life and to truly embrace and live it: Every day, with all its positive effects, as a temporary cure, as a regular refresher or as a forever routine. This book will be your daily guide and companion and take you by your hand and lead you according to the principles of the Olive Tree Therapy.

Thomas Lommel created the Olive Tree Therapy @home based on the insights and findings of his own health quest and recovery. In doing so, he proceeded as instinctively and intuitively as always when it comes to OLIVEDA. „With the Olive Tree Therapy, I wanted to create an opportunity to integrate the balancing power of the wild growing mountain olive trees into the daily lives of the people - enabling us, like olive trees, to develop the highest vitality and radiance, until old age,“ he describes his inspiration. „And it is not just about beauty,“ he adds. „Nobody wants to remain wrinkle-free forever - much greater is the desire for genuine vitality at any age.“

The Olive Tree Therapy @home is designed that it can be adapted to peoples' individual needs and living conditions as well as to their desired goals and results. It can be integrated into everybody's daily life and workflow and can even be intensified, as required.

„The @home cure can also be supervised by an OLIVEDA health practitioner,“ says Thomas. „OLIVE TREE PHARMACIES provide treatment rooms for consultations, nutritional coaching sessions and motivational sessions with OLIVEDA therapists.“

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If you are looking for visible and proven results, consult your medical doctor before embarking on the Olive Tree Therapy @home. Have your blood work, cholesterol, weight etc. checked prior to document and enjoy the success of the therapy, both in the mirror and on paper.

*Ideal for an initial or one-time intensive therapy program
are 14 life-changing days*

AN OPTIMALLY STRUCTURED DAY
IN ACCORDANCE WITH
THE OLIVE TREE THERAPY:



IN THE MORNING

Upon rising, take a sip or a tablespoon of oil for mouth swishing. If you have reservations, start slowly with a teaspoon and increase the amount according to your taste buds. For ten to fifteen minutes, pull the oil through vigorously through your teeth and swirl in your mouth in order to dissolve metabolic build-up and toxins from the oral mucous membranes. Either spit in a paper towel or in the sink and rinse with water and brush your teeth.

After showering, indulge all of your body with OLIVEDA body oil to nourish the skin and provide it with highly effective antioxidants.

Spoil your face with OLIVEDA skin care products as well. When you visit an OLIVE TREE PHARMACY, your skin will be assessed regarding your current skin needs and personal care requirements.

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Take two OLIVEDA hydroxytyrosol capsules on an empty stomach. As a reminder: Hydroxytyrosol is an extremely potent anti-aging agent. This extraordinary polyphenol is found exclusively in olive trees and is one of the most powerful active ingredients that nature has to offer. It acts as a highly active antioxidant in the body, your secret weapon against free radicals. Its ability to intercept oxygen radicals (ORAC) is ten times higher than green tea and more than twice as high as Q10.

Next is another highly effective polyphenol charge: squeeze half a lemon, add a tablespoon of olive oil and two droppers of OLIVEDA ORAC & Camu Camu Cell Elixir. With every sip, you will ingest a powerful arsenal against viruses and harmful environmental influences. The fresh green olive leaf cell liqueur provides highly active antioxidants that effectively repel free radicals and thus prevent early aging of the skin. The extract from the world's richest vitamin C-rich fruit, Camu Camu, is also high in iron and thus protects against viruses and harmful environmental influences.

For breakfast, enjoy a raw cereal or porridge. Preparation: The night before, cover rye or wheat with water. Add olive oil before serving and use OLIVEDA OliveMatcha to taste. For sweetness, add some maple syrup or honey and fresh fruit.

Complement with one liter of ,Sunrise' Matcha.

In addition, during the course of the day: Drink another liter of OliveMatcha. However, do not drink OliveMatcha after 5 pm as this is a very potent energizer which should not be consumed in the evening - unless you want an extra energy boost for working late or going out.

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The OliveMatchas, hydroxytyrosol capsules and body oils can individually be adapted to the following needs and problems:

Weight reduction

Skin/anti-aging

Detoxifying

At least three, no more than four hours after breakfast: A light intermediate meal (please refer to the Mediterranean diet section of this book).



AFTERNOON

Mediterranean food, for example light soups, fish or vegetables prepared according to your individual taste. Please refer to our next chapter, the Mediterranean diet.

At least three, not more than four hours after lunch: a light intermediate meal (please refer to the Mediterranean diet section of this book).



IN THE EVENING

Mediterranean cuisine, for example fish and vegetables with rice - prepared according to your individual taste. Please refer to our next chapter, the Mediterranean diet.

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FITNESS

Schedule a daily exercise program that you will increase over time. For example, start with fast walks to get fit for the first jogging round after a few days. Keep a daily fitness journal to document your daily successes as well as symptoms of fatigue, so you are motivated to continue and improve. Keeping a record will also enable you to explain weak phases. Please consult with an OLIVEDA-Coach at an OLIVE TREE PHARMACY.



WELLBEING

It is just as important to create a daily recurring window for relaxing and getting in tune with yourself. When did you do that for the last time? Turn off your mobile phone. Forget about your work and other potential stress factors and enjoy a few moments of silence. Meditate. Sleep. Just let your mind wander and or give it a break. That sounds unspectacular?

For most, this will initially be a real challenge. Therefore, find the best time to pause and take a break. When are you really undisturbed? Maybe in the morning after the family is out of the house? Or in the evening before going to sleep to reflect upon the day? Perhaps, there is a different moment every day. It is your job to identify and utilize those moments or time frames.

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Effective and beneficial additional elements that support and improve the effects of the Olive Tree Therapy @home are detoxifying and exhaling oil massages with oil followed by steam baths that pull the toxins bound in the oil out of the body. Ask a spa near you or consult with one of our OLIVEDA-Coaches at an OLIVE TREE PHARMACY.

For the advanced and detox experienced, enemas play a major role in the Olive Tree Therapy @home. The OLIVEDA recommendation: during the first three days of the cure, you should administer one enema with one liter of just pure OliveMatcha. At the end of the series of treatments, get an enema with 300 ml of olive oil on the last two days. Consult with someone experienced with enemas.

Many of those who commit to the entire two-week program will experience the natural desire to integrate certain elements of the therapy into their day-to-day lives in order to pursue a new, healthier lifestyle. This is a very pleasant and stress-free approach which illustrates the growing awareness of one's body's needs. The more elements of the Olive Tree Therapy will have their firm place in the everyday life, the more your increased well-being will be noticeable.

These rituals are not just about nutritional elements or care regimen but also about regular breaks and conscious reflection. This could be meditation, quiet walks, or spend your lunch time-out on the couch. It is important to ban anything from your surroundings that could attract your attention that during this time, if only for a few minutes: cell phone, computer, radio, TV – simply anything that will distract or disturb you. That is how you can regularly create little islands and time-outs for your body, and gain extra strength and energy and achieve a higher quality of life.

„New things have the greatest chance
if we do not just fall in love with the goal
but also our path to get there.”

J. P. GUILFORDS



Eating is the most personal thing a living creature can do.
Whoever eats something transports it in the center of his body
and allows it to influence all functions of the body -
that is to say, to life!

THE MEDITERRANEAN DIET

according to principles of the Olive Tree Therapy

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Diet is one of the most important components of the Olive Tree Therapy. „I am sure that it was not just the olive leaf extract or the pure power of the trees that have cured me and make me so healthy and happy,“ contemplates Thomas Lommel. „It is the combination of all of the components of the Olive Tree Therapy. What I eat and thus absorb with every fiber of my body plays an incredibly great role!“

I think this does not just apply to users of Olive Tree Therapy but to everyone, no matter what philosophy of life they follow. „Food does not just nourish and supply us with nutrients, it affects our overall well-being,“ explains authoress and olive expert Birgit Frohn in her first book about Thomas Lommel and the Olive Tree Therapy that was published in 2008.

„It has become more and more evident how closely nutrition and well-being are related,” she writes, proving the statement: „What we eat has a greater impact on our long-term health than all other measures”, according to a study conducted several years ago in the United States. „To date, these findings have not changed,” Frohn continues, „64 percent of all deaths in Germany are the result of nutrition-related diseases that could have potentially been avoided,” she states. „Although we have never before in history had such a free and wide range of food choices, we are surprisingly poorly nourished. We often eat too much and the wrong foods. To date, studies have shown that poor nutrition accounts for thirty to forty percent of all cancer cases.”

I have often wondered how it is possible that people, who on the one hand, surround themselves with carefully chosen luxuries, whose brilliance supposedly nourishes their soul, on the other hand indiscriminately consume foods that have not even earned that name and are not beneficial but harmful. After all, I consider eating one of the most personal human activities. When you eat, you transport something in the center of your body and allow it to influence all your bodily functions from there, essentially, influence your life. It is beyond me, how the majority of us disregards and deals with such an opportunity so carelessly.

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That is why I would like to introduce you to the Mediterranean diet according to the Olive Tree Therapy. Let's cut to the chase with the most important info: HEALTHY IS TASTY! From my own experience, I know that many people associate ‚healthy‘ with boring or even inedible. This could not be further from the truth! Even if you are not the type who likes to order a vegetable platter in the restaurant - you will surely love a well-prepared meal made from high quality Mediterranean ingredients.

The Olive Tree Therapy will enable you to enjoy life. So what could be more important than really good food? We do not want you to abstain but invite you to consciously perceive, taste, and indulge in sensory experiences. If you have a sub, hot dog, burger and French fries for every lunch or dinner, you will need a little longer to understand what true indulging is. Consciously buy your own ticket to better health:

Start avoiding industrialized foods, which have a high content of so-called trans-fats, i.e. hardened vegetable oils, immediately! These account for innumerable diseases and are counterproductive to the Olive Tree Therapy.

Here is some background information: the following foods are full of trans-fats: First and foremost, all fried foods such as fries, margarine, TV dinners and pizzas, potato chips and sweets. As soon as your body gets rid of these poisons, you will be able to truly enjoy the taste of crunchy vegetables, sun-kissed fruits and fish. To top it off, while enjoying a glass of red wine, you will no longer think of lack or dieting but feel true enjoyment.

„The Mediterranean diet is the best example of joie de vivre and enjoyment going hand-in-hand with great health,“ confirms OLIVEDA expert Birgit Frohn.

112 The second important point: Please always eat when your body signals you it is hungry. You do not have to adhere to fixed meal times but should eat every three to four hours. The Mediterranean way of eating is far from confirming the myth that when you eat late, you will not digest well and gain weight. It is personal and individual for everyone just as much as you are either a morning or evening person or feel most productive as a night owl or nightingale. Everyone has their own, very individual biorhythm, which cannot be regulated or eliminated by predetermined work hours or dietary plans. On the contrary. For example, if you are lucky enough to be able to listen to your body and work when you are the most productive, you will most likely do a good job and you could not be farther away from a burn-out. The same applies to nutrition. Those, who have not forgotten how it feels when you are really hungry and eat their meals accordingly, will have little experience with diets and dieting. On the other hand, those who constantly disregard the needs of their bodies will quickly make the acquaintance of weight gain and lifestyle and civilization diseases of various kinds.

The hot temperatures in the Mediterranean regions are not the only reason why dinners are eaten late. In countries such as Italy and France, meals are for mingling and enjoying each other's company and are often celebrated until late at night. Interestingly, the list of most overweight citizens in Europe, is led by Germany and England, countries both proud of and known for their discipline and punctuality. It seems negligible but a reason to adhere to the Olive Tree Therapy and to get in touch with the needs of your body is to be more lax with supposedly irrefutable rules into life.

Have you always had a guilty conscience when dipping the bread that is served in restaurants more than generously in olive oil? From now on, please enjoy dipping! It is not the fat that hurts your body, on the contrary. But you already know that from Thomas Lommel's own history of recovery. If you are lucky enough to have an Italian restaurant around the corner, enjoy dipping your bread in high-quality olive oil! „The number of cardiovascular patients is remarkably low in the Mediterranean countries, where traditionally meals with a high fat content are eaten,” Birgit Frohn reports. „The inhabitants of the Greek isle of Crete, for example, whose fat intake is about 42,8 percent of their entire calorie intake, predominantly from olive oil, are enjoying the best health throughout the entire European Union. Only five percent of all deaths are attributed to cardiovascular disease, the lowest rate in a European comparative study,” the expert continues.

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Integrate high quality olive oil into your diet whenever you can. And never ever fear a possible weight gain. „Fats, like carbohydrates and proteins, are indispensable nutrients for the body,” Birgit Frohn states. „They have such a broad spectrum of benefits that we cannot do without them in any of the manifold processes of physical reactions,” she adds. „The body's gears must be well-oiled - with the right oil. Depending on whether they provide saturated, monounsaturated or polyunsaturated fatty acids, fats have considerably different effects. The best fatty acids are simple and polyunsaturated fats,” Birgit Frohn details.

„There are three types of fatty acids: saturated, monounsaturated and polyunsaturated. Saturated fatty acids found in meats and dairy present enormous health risks. They increase harmful LDL blood cholesterol and thus the risk of cardiovascular disease. In addition, the fat metabolism cannot handle high intake of saturated fatty acids. The consequences are weight gain and metabolic diseases like diabetes mellitus. Monounsaturated fatty acids such as the oleic acid in olive oil, belong to the good fats. They reduce the bad LDL blood cholesterol, protect the heart and blood vessels, prevent arteriosclerosis and keep the metabolism in balance, especially in the brain. Polyunsaturated fatty acids can be processed most easily by the body and can therefore be used immediately. Also, they are not stored in the fat cells and therefore present no danger to your figure.

Polyunsaturated fatty acids are like medicine for the body. They prevent numerous diseases and correct bad blood fats by lowering the harmful LDL cholesterol and increasing the valuable HDL cholesterol.“

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Mediterranean nutrition provides an ideal nutrient balance: many simple and polyunsaturated fatty acids, a high content of complex carbohydrates and dietary fiber as well as abundant vitamins, minerals and antioxidants. It is almost a guarantee that only a few harmful substances such as saturated fatty acids, trans-fats, and cholesterol, salt and white sugar are consumed. If you adhere to the Mediterranean way of eating according to the Olive Tree Therapy, you do not have to count calories any longer. A body that gets adequate exercise and is nourished and balanced according to its needs has no reason to build up fat deposits.

With its abundant supply of plant-based foods, the Mediterranean cuisine offers highly potent secondary plant substances and tons of antioxidants that help alleviate the deleterious effects of oxidative stress and significantly improve the prognosis of various diseases such as heart disease, diabetes, and certain cancers. The most effective antioxidants are vitamin E and C, trace elements selenium and zinc, beta-carotene and coenzyme Q 10, an important catalyst for the metabolism.

The Olive Tree Therapy will help you to identify your body's needs. That is why we do not provide rigid nutritional plans but offer you the tools to custom- tailor components from the Mediterranean cuisine to your lifestyle, metabolism and taste preferences. Thus, you can change your diet plan and integrate new foods into everyday life as easily as possible.

AN ASSESSMENT OF YOUR LIVING
CONDITIONS AND YOUR METABOLIC
TYPE WILL HELP YOU CHOOSING
THE RIGHT FOODS:

THE ACTIVE TYPE

You are constantly on the go, have a reliably high metabolism and therefore experience no weight problems. You may even be underweight, which is why you are quickly envied or encounter hostility. Last but not least, you feel quickly exhausted and feel like you are aging quickly due to stress. Nevertheless, you are rarely ill, you always give everything, are persistent and do not take breaks. But deep inside, you are longing for more energy, you want to feel more vibrant but not necessarily lose weight.

Your meals should be rich in carbohydrates. This means you can safely increase the percentage of whole grains, pasta, rice and other carbohydrates if you are still hungry after meals. Complex carbohydrates give the muscles the necessary energy to work long and persistently. First and foremost, you should always feast on healthy vegetables. Fruits and vegetables contain important complex carbohydrates.

However, you will often still have to justify yourself in front of people who are jealous and mock and challenge you that you, who has no problems with your weight and figure should not have to think about your diet at all nor have the goal of integrating more fitness activities into your everyday life. Please ignore such comments and take these attacks as an incentive to get even more involved in your new, healthy way of living. Identify negative influences - including people who only criticize and put you down - and let go of them as part of the Olive Tree Therapy.

THE COMFY TYPE

You haven't really been interested in healthy living thus far? Or does good eating simply mean overindulgence to you? Does your office job tie you to your desk and do like to spend your past time watching TV or playing games? Are you gaining weight quickly even when you are not eating a lot of calories? Then you certainly belong to that target group that feels tired and exhausted all the time and you possibly tend to be obese or overweight. Detoxification with the help of an intensive Olive Tree Therapy will be your ticket to a better life. The hardest step will be to convince your body not to mitigate hunger attacks with fast food or sugary snacks but to derive sustainable energy from fruit and nuts. From now on, your main courses should be vegetable-based, garnished with some rice. Once you have managed to integrate these foods as the main staple into your diet and everyday life, you will be on the right track. You will no longer feel that tired, heavy, exhausted sluggishness that has previously prevented you from exercising but will be able to start with light workouts that will give you great pleasure both mentally and physically. You will begin to be interested in nature and how to nurture and take care of your body. What goes inside? What effects does it have on me and my body? How does it taste raw, uncooked and unseasoned? You will more consciously experience and go through life. Above all, do not allow others to divert you from your chosen path. There will always be people around you who will doubt or question everything you are doing. Just ask yourself why this is so. Are these people doing better than you? Are these people healthy? Or do they envy you for your strength and the motivation to change, that you have abandoned the standard, comfortable way and try something new and different for yourself.



Of course, olive oil plays a central role in the Mediterranean way of eating. The secret to success, however, as always in life, is the interaction of all its components and ingredients. And this is made up of a variety of plant-based foods such as vegetables, salads, fruits, nuts, bread and pasta. Only then, animal products should be consumed, such as fish several times a week while meat should rarely be on the agenda. If you are lactose-tolerant and convinced that milk and dairy products are indispensable, you can integrate milk and dairy products such as yoghurt and cheese into your diet, in manageable quantities.

THE MEDITERRANEAN WAY OF EATING
ACCORDING TO THE OLIVE TREE THERAPY IS
BASED ON THE FOLLOWING PRINCIPLES:

Drink at least two liters of liquid every day, preferably water, tea or OliveMatcha.

Eat regularly. At the earliest, every three hours, at the latest every four hours, and take nothing other than fluid between meals. At the beginning, cravings or hunger will quickly disappear if you stick to this rule.

Enjoy a raw food cereal or porridge for breakfast, prepared the night before. Garnish it with fresh fruits, chia seeds or other ingredients. If you cannot do without bread or sweets in the morning, you will love to toast whole-meal bread and enjoy it sprinkled with some olive oil and honey.

Plan an intermediate meal after breakfast and one in the afternoon. This can be half a handful of almonds and dried fruit, an apple and a banana, a bowl of sliced strawberries with olive oil, a handful of grapes. You can eat any fruits or nuts, according to your taste buds, in moderate quantity. Top it off with high-quality olive oil. A shake made from almond milk, a handful of fruits and a splash of olive oil are another tasty option.

To prepare the two main courses for lunch and dinner, the following ingredients are recommended for the Mediterranean diet as part of the Olive Tree Therapy:

VEGETABLES

Mediterranean or not - the best for you and your body are the leaves, tubers and stems, which locally thrive in your area - free of chemical additives. Vegetables, salads, mushrooms and herbs from your region, are the source of concentrated healing power that your body needs for health, supplying vitamins and minerals, dietary fiber, antioxidants and secondary plant fibers. Many vitamins are fat-soluble. This means that the body can only use them in combination with fat. Make sure to always add olive oil to your vegetables and fruits! Our tip: Buy those precious ingredients as fresh as possible and do not store them for long. Wash and crush them only shortly before use, they will keep their full potency when gently prepared, for example in a steamer.

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Everything created by nature makes sense. For this reason, it certainly has equipped the healthiest vegetable varieties with such signal colors that cannot be overlooked. One of many examples: the tomato! It has long been scientifically proven that lycopene, the substance that colors the delicious night shade green, provides enormous health benefits for the human body. Like the hydroxytyrosol and the oleuropein, the black colorants of the olive, lycopene acts as an extremely powerful antioxidant, which protects extremely effectively against the harmful effects of free radicals. Accordingly, tomatoes as well as olives can prevent a whole series of diseases. A tip from Birit Frohn: „The full effect of lycopene unfolds when the tomatoes are crushed. If you want to take full advantage of lycopene, you should enjoy pureed tomatoes.“

Spinach contains a lot of iron, calcium and folic acid. Enjoy it cold as a salad, steamed, for example, with pine nuts, or as a super healthy ingredient in your morning or afternoon smoothie.



These are just a few examples and suggestions. The whole cornucopia of vegetables is available to you. You can also use egg plants, zucchini, carrots, red beets, everything you like and that is in season!

Potatoes or rice are the perfect accompaniment for all vegetables. Both are very good sources of carbohydrates. Thanks to its high dietary fiber content, full grain brown rice, in contrast to white rice, ensures long-lasting satisfaction and has a high proportion of vitamins and minerals. Potatoes consist of almost 80 percent water and provide large amounts of vitamin C, A B1 and B2. Whole grain or spelt pastas, which contain complex carbohydrates and dietary fiber, are delicious with any vegetable.

When combined with grains and rice, white beans, chick-peas or lentils become highly potent protein suppliers. These foods complement each other so well that their biological value is far superior to that of animal protein. Combined with the high iron content of lentils, for example, you can completely eliminate meat from your diet.

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FRUITS

Fresh fruits, especially apples, provide important substances for health. Fruit sugar and glucose are fairly easily digestible carbohydrates that promise a rapid energy boost, while fibers such as pectin stimulate digestion, reduce elevated blood fat levels and help prevent colorectal cancer. A chock full of vitamins, especially vitamin C, and secondary plant substances like beta-carotene, coumarin and flavonoids protect against free radicals and strengthen the immune system. Enjoy your fruits locally and seasonally! Always add a few drops of olive oil so that your body can optimally utilize all vitamins.

FIBER

Fiber does not provide any energy but highly efficient dietary fibers stimulate bowel activity, prevent constipation and hemorrhoids. The indigestible plant fibers can also protect against colorectal cancer because they bind carcinogenic substances and transport them out of the intestinal system. In addition, dietary fibers have a positive effect on the composition of the blood lipids and prevent high blood sugar. Potent dietary fibers are found in grains and cereals.

GRAINS AND CEREALS

Grains and their components are not just satisfying but also healthy. They contain plenty of energy-providing carbohydrates and also provide valuable vitamins, minerals and trace elements, including nerve-strengthening vitamins B1 and B6, calcium and zinc, iron and magnesium. It has been scientifically proven that regular and abundant consumption of fiber-rich foods helps prevent chronic colon problems and colon cancer.

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NUTS

Due to their high fat content, nuts are on the 'don't eat' list for many. In fact, they are top energy suppliers and the best choice as a snack on the go or the small hunger between. Nuts contain polyunsaturated fatty acids, which have been shown to reduce blood cholesterol levels, stabilize blood sugar, support blood vessels and reduce the risk of gastric and prostate cancer as well as heart attacks. They also provide healthy dietary fiber, high levels of vitamin E, lecithin and magnesium.

FISH AND SEAFOOD

Due to its proximity to the sea, fish and crustaceans are served in the countries of origin of the Mediterranean diet. For those who follow a vegetarian or vegan diet or live in a region that does not have access to sustainably-caught seafood, there are alternatives such as beans and legumes, that provide vitamins A, D and B as well as minerals, trace elements and easily digestible concentrated protein. Fatty fish such as salmon or herring contain high levels of polyunsaturated fatty acids, primarily omega-3 fatty acids, which are considered effective anti-aging weapons. Sea fish such as tuna, cod and haddock serve as valuable sources of natural iodine - a trace element that is important for thyroid function. We recommend including fish in your diet one to two times per week.

MEATS

If you cannot do without meat, you can eat a lean piece of meat once a week to provide your body with important iron and valuable protein. Please be sure to buy your meat locally, from farmers, whose cattle, pigs or chickens are cage-free and grass-fed and can enjoy nature. While eating, you also absorb the energy of the being you are eating. A piece of meat from an animal that had to endure the most painful moments of his life cannot give your body any positive energy. If you have found a good piece of meat, enjoy it grilled or fried - naturally in good olive oil - with a side dish of vegetables.

Most foods contain mixed forms of carbohydrates: white bread contains more simple carbohydrates, while whole grain bread has more complex carbs and more fiber. There are also differences in the carbohydrate content in various fruits: Bananas supply more simple carbs whereas sour apples contain more complex carbohydrates. Overall, it can be said that cereals, rice, corn, potatoes, pasta, and of course bread are among the biggest carbohydrate sources. If you are the more leisurely type and are not physically very active, you should mostly include fruits and especially vegetables into your daily meal plan rather than too much bread and pasta.

Enjoy a glass of wine with every main meal! Its health-promoting effects, such as an improved fat metabolism, blood vessel dilation and lowering of blood sugar, come into effect even at such a low dosage with no harm to the body.

From now on, butter and margarine have no place in your fridge anymore. Try using olive oil instead exclusively. Use abundantly every day. Whether you are frying, seasoning salads, pasta, vegetables, fish or meats, for the sake of taste and health, you should top off every meal with olive oil. You can use olive oil in all areas of the kitchen, also for types of food that require higher temperatures. Be sure to avoid the boiling point, the moment it starts to smoke. Then, the chemical composition of the oil changes, decomposes and potentially harmful substances can be released. Check if the oil is hot enough by adding an ingredient. If it makes a „hissing“ sound, you can get started.

Olive oil that has matured for less than half a year still contains a lot of floating fruit pulp and splatters when heated. It is therefore perfect for cold kitchen, to prepare marinades and sauces as well as for refining or seasoning all kinds of dishes. Do not store your olive oil in the refrigerator but keep it well closed in a dark place. Always use it at room temperature so that it mixes perfectly with the other ingredients. Look for the expiration date when buying olive oil. Usually, it is within a period of two years after manufacture so you know how fresh the oil is that you enjoy.

NOURISHMENT FOR THE SOUL

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Thomas Lommel is sure that there is much more to it than the mere awareness of what we eat, put on our skin or how we take care of our bodies. „What we allow to affect us from outside plays an incredibly important role,“ he states and explains: „This also pertains to the people we surround ourselves with. If I am constantly in the company of someone who does not do me any good I am just not going to feel well. If I watch negative news from all over the world, watching television or playing computer war games, I will carry the energies of these experiences within me.“

„Or: If I allow my most precious moments to become insignificant, because, for example, instead of paying respect to nature and the horse that I am riding - experiencing and enjoying them consciously, I check my mails on the mobile phone,“ my mind adds to Thomas' sentences silently. After all, we consist of body, mind and soul. We can only experience and attain real health if each of these three areas is respected and kept healthy. Maybe that is why I was so relieved when I learned about the Oli-

ve Tree Therapy at home. Somehow, I felt rescued. After my return from Mallorca, it was as if I had not returned to my old life by chance. It felt as if I had been caught in a tide of habits from which I could not escape on my own, as if I needed a framework, a guide - to recognize the things that are good for me and give them more space in my life. Highly inspired and full of anticipation, I began to compile the elements of the therapy that seemed suitable for me to integrate into my everyday life and create my own nutrition, training and wellness plan - to start my individual, very personal version of the Olive Tree Therapy @home the next day.

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Almost every morning, I now grab a bottle of olive oil to give my body the first precious polyphenol kick of the day with oral oil pulling and swishing. Then, I pour myself my beloved cocktail of half a lemon, two droppers full of Orac & Camu Camu cell elixir and a sizeable sip of olive oil. My advice: let it all dissolve on your tongue as slowly as possible. The effect of its ingredients is significantly increased through absorption of the mucous membranes. On some days, I enjoy this power drink also at noon and in the evening.

The fresh grain cereal porridge did not manage to establish itself as my breakfast. However, I have discovered something even more delicious: toasted whole meal bread with lots of olive oil and a hint of coriander honey or mashed or sliced avocado. Wonderful! In addition, I enjoy a large pot of 'OliveMatcha Mindpower' tea followed by a pot of 'OliveMatcha Beauty Cleanser' during the day. In addition, I love 'Mindpower's' sweetness that resembles that of cinnamon, also as a substitute for sugar on strawberries, sweet dishes or in tea. Of course, the finishing touch to ALL meals is a generous amount of olive oil.

My skin also gets to enjoy a taste of the power of the olive tree. My favorite new cosmetic product is OLIVEDA's „Neroli Rejuvenating Facial Oil“. I can no longer imagine a morning nor beauty routine without this first step. I also love OLIVEDA's body oils. We know by now that Thomas Lommel also uses them for oil pulling by mouth, if nothing else is at hand, another testimony and Lommel-style, practical, multi-purpose proof of the exclusive, natural composition of the oils. I apply them so generously that I sometimes have to wait before I can put my clothes on... For skin emergencies of any kind such as sun burns, inflamed hair follicles, razor burn and break-outs, I trust in the Olive Leaf Gel which has always helped me quickly and reliably. I first had to get used to its light burning sensation which I now know to attribute to its high potency. Along with my enthusiasm for the Olive Tree Therapy @home, the desire to make more room for the things that make me happy in my life paved a way to my consciousness and to not let their positive effect be disturbed by anything. Since then, I've been practicing digital detox whenever I am eating or playing with my son. I only take my cell phone for emergencies, when I go horseback riding, walk the dog or get together with the people who are dearest to me. It feels great to be present and to focus on the moment and what I just experience.

I am amazed that I have managed to create my personal everyday version of the OLIVEDA feeling. It will continue to have a firm place in my life in the future because I can leisurely integrate it into the very different German style of living. I do not want to live without the results of the Olive Tree Lifestyle: Shortly after I had begun with my Olive Tree Therapy @home, I felt a new desire to run longer distances and to complete my workout with additional fitness exercises. And a look in the mirror is the best confirmation for the positive effects of the therapy: After about four weeks, I rediscovered my glow! In addition, I notice that the wrinkles around my eyes have diminished. I have already cancelled a botox appointment - it is unnecessary! I am curious what the future holds. The Olive Tree Therapy @home is not over - all the elements I have chosen have quite naturally become part of my everyday life and will hopefully continue to improve it.

He taught me
that we are all
interconnected
and only together
can become one

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When I run or walk with my dog and consciously enjoy nature, I always feel smiled at by a tree that I want to hug. And after I make sure that nobody is watching, I actually hug that tree. Each and every time, I am fascinated by the tingling sensation that flows through my fingertips as soon as I lay my hands on the bark of the tree and exhale. No matter if olive, oak or pine tree, trees all over the world have a special, noticeable energy. I have become more and more aware of this the more I hold one of them in my arms.

In those moments, I often come up with ideas for my work or a mental blockage, which I have been carrying around with me for some time, is released. And I always feel a certain kind of happiness. Perhaps this is my light version of Thomas' Olive Tree Meditations. Maybe through this recurring experience, my consciousness will open more and more to a world that I am yet to explore.

ABOUT ARRIVING

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There are two things I would like to experience in order to have that real, authentic Olive Tree feeling: I want to learn how to meditate with the olive trees. I also want to know how it feels to live in an olive tree house.

„I would like to tell you a secret,“ Thomas makes me curious during a phone call. „I know how much you are interested in my time in the tree house. You have always asked me questions pertaining to that,“ he recalls. „For a long time now, I have been planning to make this experience to retreat and live surrounded mountain olive trees accessible to olive tree fans. At this very moment, we are restoring the natural stone walls in our olive groves in the Nature Reservation of Arroyomollinos de León, where I have built my first tree house in order to build more tree houses. Step by step, we will build small sanctuaries which will be successively developed into purist but exclusive hideaways. These tree houses will only be accessible on foot or by riding a donkey. The next village, where you can run small errands or get a coffee, is about

a twenty minute donkey ride away," Thomas describes my idea of a dream vacation with myself. „With the tree houses, we want to give people like you the opportunity to find rest and balance amidst our centuries old, healing mountain olive trees." I cannot believe it! I am certain that I will be one of the first to move into one of those magical tree houses, with way too much luggage of course, to spend my vacation with these wise old mountain olive trees. „What about the meditation?" I inquire because this is absolute must-do for me during this vacation. „The Olive Tree Meditation created by Thomas Lommel during his worst and most wonderful time, you mean?" Thomas chuckles. „I actually put it on paper some years ago. But I can very well imagine that you'll find your own way to the trees once you're there."

„You think so?" I express my doubt. „Of course," Thomas is firmly convinced. If you want to meditate, you don't really need any instructions, he is certain. „Well, I do," I beg to differ. „I actually do not have the faintest clue how to meditate."

I'm not exaggerating. After all, I am currently working on this book and therefore deeply immerse myself into all aspects of the Olive Tree Therapy on a daily basis. The chapters about the time-outs and about inner pausing and reflection just flowed out of my fingers with conviction. Because I know: if someone should meditate it should be me. Not just to experience the entire spectrum of the Olive Tree Therapy. With a challenging job, my family, a commitment to regular exercise, writing books and so many other things going on, I have yet to make time for a regular time-out for myself. Honestly, there are hardly any moments in which I pause, let alone rest. I am too busy. Everything else seems more important and is all consuming. And should the eventuality ever arise, I have no idea how to relax effectively, let alone meditate. I can hardly believe it myself.

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„You have already meditated!" Thomas chuckles to my great surprise when I tell him about it. „What?!" „But of course," he replies, „When you hugged the olive tree, for example, that was meditation!" I am fascinated. So I really was onto something with my idea of a light version of Thomas' intense meditations.

„There is a multitude of meditative practices and exercises for mindfulness. When

consciously celebrated, even a very ordinary shower and the feeling of water touching the skin can help internalize the purifying process and give both body and mind a meditative experience," meditation coach Alexandra Liakou confirms to me shortly thereafter. She just created a sound meditation exercise especially for OLIVEDA. I realize that when I embraced the olive tree on the island of Mallorca, I had focused with all my senses and my entire energy on the tree. That's what it is about.

„I have touched the tree and felt its energy under my fingers, so I understand," I tell Thomas during our next conversation. „But how do I get in touch with something that I am not geographically close to?" „If I want to become one with something without embracing or touching it, it does not take much," Thomas reports from his own experience. „You just have to rediscover the ability to get involved. Just as a mother can feel when her child is not doing well, although it is far away, every human being can connect with other beings if he wants to," he tells me. His comparison deeply touches me. That is exactly what I had often experienced with my father. We were very close. Many times, he knew something had happened to me before I was even able to tell him. „Unfortunately, today hardly anyone has the leisure and the passion to focus on what really matters, what can actually impact one's own life," continues Thomas. „Nobody is really paying attention to what they are doing right now. We only scan quickly, consume on the go. Faster and faster, more, more and more. No one has or takes the time to experience a moment. If you take the time, you will be able to meditate and feel the connection with nature."

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Alexandra Liakou's path to meditation was for similar reasons than Thomas: she was diagnosed with a disease that would be her constant companion throughout life. „I did not want to accept this diagnosis. So I started to study holistic healing modalities that would give me inner strength and restore me back to myself," she recalls. Meditation quickly became the fulcrum of her life. Shortly afterwards, the native Greek, who now resides both in Berlin and Athens, completely recovered to the amazement of her doctors. „A success I do not just attribute to meditation alone. Another very important factor was my relationship to nature," she adds. „The element that brought back my love for nature, was riding the waves. Just as Thomas experiences the trees as teachers and companions, for me, it is the sea."

When Alexandra did not have the opportunity to be in nature or drive to the sea for long periods of time, she meditated to the sounds of the olive trees and made a quite intense experience in doing so.

„The noise and pace of the city had diverted me already for a long time from my inner peace. I could not think clearly and was out of touch with myself. I benefitted some from classical meditations but they did not quench my thirst for experiencing nature,“ she recounts. „Then, Thomas Lommel’s latest development came to mind. I remembered the glow in his eyes when he told me that it is possible to experience the sound, vibrations and information of the tree. His whole being radiated so much that I wanted to experience what filled Thomas with so much joy. According to him, OLIVEDA had developed the „Olive Tree People“ project to translate the miniscule vibrations of the olive trees into sound frequencies and to make them audible day by day in

real time. Since I could not get out into nature, I wanted to get nature into my living room. I began my meditation to the sounds of the trees. When I realized that these sounds reflect the original vibration of the tree, I did not just want to listen to the sound but inhale it and invite it into my cells. Every sound had its own power, an individual way of making itself felt and heard. Every sound that faded left a vibration. Following the sounds, I arrived at a tree. It was an olive tree. His trunk was stately, almost royal. I felt invited to touch the tree. I learned the density of the trunk and thus the age of the tree which was over a several thousand years. Its roots went deep down into the earth. There, the tree connected with all of its neighbors. This allows them to pass on vital information. Suddenly, I realized where the tree got its wisdom. He never fled. He withstood all circumstances. In good time or bad, the tree stayed put. I felt admiration for the perseverance of the tree. Then the tree whispered to me, „It is only when you face the facts, you will be given true power.“ Then I looked at the crown of the tree that swung comfortably in the wind. I realized that the mobility of the tree was possible because it was rooted so deeply. It was his connection to the earth, which gave it the room to be flexible. The branches of the tree were like arms that are caressed by the air. Small green fruits hung from its branches. My mind wandered into each single olive individually. It was nurtured by both the tree and the sun. Her core was hard, just like her skin. And I had another revelation: The human psyche requires intensive care in order to mature. When they are urged to unfold, they start staggering. With patience, one can derive different virtues from the psyche. As a hard olive will be turned into oil one day, our character is also capable of developing. When the attention is directed inward and one honestly and affectionately deals with oneself, a dialogue with the outside world can take place that not only fills one's own self but also enriches our fellow human beings. First and foremost, we are responsible for ourselves. Humanity is a tree in the field of life. The branches connect you as an olive with other olives. If one hangs on the same branch, one recognizes and supports each other. But it begins with oneself. As an olive, you would not worry whether the other olive is in your

way or whether she gets enough sunlight. Imagine a world where everyone is learning and learning to listen to his own voice, his own sound. Imagine a world, where everyone realizes their full potential and thus brings added value to society. This requires mindfulness, patience and devotion. It needs water, sunlight and air. I took a deep breath and heard the sounds of the trees. I felt alive and refreshed. I felt a deep gratitude. I realized that everything is interconnected and that I am able to enjoy the wisdom of nature even though I am not directly connected to her. Ultimately, I am part of nature myself.

The message that Alexandra received from the olive trees touches me very much and will continue to inspire me. Above all, Alexandra's words have triggered a real desire in me – I want to have these intense experiences too! Those experiences that require little but a bit of time and a quiet place! I would like to mind-travel into my innermost heart and connect myself with nature from there. I want to meditate! With Alexandra's help: At www.oliveda.com and www.olivetreepeople.com you can listen to the sound meditation exercise that she has developed and thus easily your way energetically to the olive trees. Guided by the sound of her voice and gentle instructions, I can now begin to listen to my inner self and go a step further, every time. Until my innermost is aligned with the olive trees and I I can dive into new dimensions and perfect my individual Olive Tree Therapy @home while listening to the sounds of the trees.





If you face the facts, you will gain
and experience your true strength.

THE OLIVE TREE MEDITATION

by Thomas Lommel

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I make myself comfortable and feel my breath. I breathe slowly and evenly, take a little break and then breathe in again.

Thus, my breathing calms down gradually. My breath now flows in and out automatically. I do not have to think about it.

My body relaxes and becomes pleasantly warm.

In my mind I lean with my back on a centuries-old olive tree. Maybe I know the tree, I've seen it somewhere. Maybe I have just discovered it. I feel its energy.

I feel its history and all that it may have experienced in the many centuries of its life.

I feel inside this tree.

I imagine myself being this tree.

I feel the weight of my ripe fruits.

I feel myself into the finest intricate supply channels of the roots.

I feel myself into the mature olives.

Feel how much oil my fruits bear.

Listen to the rustling of the forest of leaves.

I myself am this tree. I feel and sense as a tree.

My attention goes to my roots. With my roots, I connect to the infinite grounding power of Mother Earth. I feel warmth and energy flow through my roots. This energy now flows up my trunk, into my twigs and branches, into the outer tips and into my ripe fruits.

With every breath, I feel more of this energy. With my leaves I catch the water of the rain and lead it down to my roots.

With my leaves, I transform the light of the sun into energy that I need to live.

I can now also feel this energy as it flows from my leaves and flows through my branches and twigs into my trunk.

A cycle of warmth, energy and harmony is in me.

I feel inside myself.

A warm stream of energy flows through my entire being. And when I now look outwards, I realize that everything, my entire environment, is permeated by this energy.

Like everything else, it grows and blossoms. It is wonderful to see that.

I perceive my environment very well, the grove that surrounds me, every tree, every shrub, every herb.

I hear the silence, the chirping of the birds, and very far away the chiming and bleating of the sheep that live here in the grove.

I smell the warmth, the sea in the distance and the many fragrances of herbs, plants and flowers that surround me.

Nothing escapes my senses.

This grove, my olive grove, I will always carry in me.

These many impressions are firmly imprinted inside of me and make me feel as part of the whole.

The sun is quite warm and with my silvery leaves shining in the sunlight, I give shade to anyone who wants to rest with me.

Peace and serenity permeate my entire being.

I am strong and participate in life. I enjoy this life every day.

I feel the warmth of the earth and my roots.

I feel the sun, the rain and the wind, the entire cycle of nature.

I enjoy this moment of being in perfect unison with nature.

I consciously absorb the many sensual impressions within myself and keep them firmly in my deepest inner being.

And so I thank my tree, from which I could learn so much.

And after I have expressed my gratitude, I return to the place where I am now with a good feeling.

I bow and stretch my arms, breathe deeply and firmly, open my eyes and am back in the here and now.

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*I thank my father
whose protective energy is always with me.
Through him, I think and feel.*

Daniela Jambrek

Sine ...
die ...
Verändernde
↓ ↓ ↓

Pies ist
eine Uebersetzung
an der wurde bereits
Baum ...
Gede



Thomas Lommel



3.00fach
Konzentrierter
als hochwertiges
Olivenöl ⇒ Zellsaft

Schönheit - von innen kommt und
nach Außen strahlt



Valeria, 86 Jahre alt
(Die älteste Mitarbeiterin)

im Land
und
das

“Men ask in their prayers for health from the gods
but do not know
that the power to attain this is in them.”

DEMOCRITUS

(400 BC)

Radiant skin, measurable health improvement or just the joy of finally being able to sleep – the positive results of the Olive Tree Therapy are as broad as the spectrum of its followers.

This book is a motivational guide to an individual, conscious, health-promoting lifestyle. Embedded into the recounting of the health and success story of OLIVEDA founder Thomas Lommel, authoress Daniela Jambrek describes her personal experiences with the Olive Tree Therapy and catapults the reader into the healing world of the olive trees in an entertaining and informative way.



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