

## Benefits of High Altitude Lavender Essential Oil



### Stress reduction

Inhaling lavender can help reduce physical and mental stress levels



### Insomnia

Helps improve quality of sleep if used topically and inhaled



### Blood pressure

A 2017 study showed lavender lowered blood pressure after open-heart surgery while a 2015 study also showed blood pressure benefits



### Pain reliever

Helps provide relief to sore muscles and joints when applied during a massage



## What are the health benefits of saffron?

### A Powerful Antioxidant

Saffron contains an impressive variety of plant compounds that act as antioxidants-molecules that protect your cells from free radicals and oxidative stress. Free radical damage has been linked to chronic diseases such as cancer. Crocin and crocetin are carotenoid pigments and responsible for saffron's red color. Both compounds have antidepressant properties, protect brain cells against progressive damage like Alzheimers, improve inflammation, reduce appetite and aid weight loss.

### A Mood Brightener & An Aphrodisiac

Saffron, also known as "sunshine spice" may help treat symptoms of depression. It also has aphrodisiac properties especially in people taking antidepressants. Aphrodisiacs help boost your libido.

### Goçek Organic Scratched Olive

Goçek green olives are carefully picked by hand; without damaging the olive trees, during the early harvest. Harvest time of green olives is around September and October. After picking the raw olives, they are scratched. Daily water changes are key to remove the bitter water. Then brine is made with rock salt and lemon. GOÇEK green olives are jarred in their precious EXTRA VIRGIN OLIVE OIL and offered for sale.

# Goçek®

Local products from our own plantations on the Lycian Way



100% natural - no additives



Limited in Quantity



Have special health promoting properties very high polyphenol (800+) values

**Antioxidant, Antimicrobial, Antistress**

Helps prevent and reduce the risk of diseases such as inflammation, atherosclerosis, cardiovascular and cancer.

## Have a healthy life!

# Goçek®

100% Natural Healthy Life Products

From the Lycian Way



gocek.com.tr/en



# Gocek®



## Who are we?

Gocek branded products are produced by DEMİRSOY TARIM who is an esteemed producer of organic products in Turkey. [www.demirsoytarim.com](http://www.demirsoytarim.com)

Demirsoy Tarim has started organic agriculturing in Fethiye in 2013. The initial investment was in Truffle and Lavender. The Company has been expanding his plantations in the Lykia region and has been enlarging his product range since then.

Demirsoy Tarim is organically certified by ECOCERT. The Company is a member of the International Federation of Essential Oils and Aroma Trades: IFEAT.



## Benefits of Raw Honey

Natural and pure, like in the hive...



### Memory enhancement

Honey contains polyphenols that can significantly improve the memory-related functions of the brain..



### Antibacterial properties

Studies have shown that raw honey can kill unwanted bacteria and fungi.



### A good source of antioxidants

Research shows that antioxidant compounds called polyphenols in honey may play a role in preventing heart disease.



## Benefits of Using High Polyphenol Organic Extra Virgin Olive Oil



### Fight Inflammation

Polyphenols fight inflammation in the body and can regulate muscle damage or chemicals that cause inflammation.



### Prevent Platelet Clumping

The polyphenol compounds inhibit platelet clumping in blood, preventing the formation of harmful or unnecessary blood clots.



### Lower Cholesterol and Artery Function

According to the studies, polyphenol compounds have a direct impact on the growth of the endothelial cell, regulating the functions of the blood vessel.



### Acts as An Antioxidant

The polyphenols in the olive oil act as the antioxidant which means that these compounds minimize free radicals in the body.

# 800+

high polyphenol

## What does the polyphenol value mean?

The FDA (American Food Agency) and EFSA (European Food Safety Agency) reported that olive oils containing more than 250 mg/kg of polyphenols may have a protective and preventive effect for cardiovascular, blood pressure, digestive system and many other ailments if consumed regularly.

It has been determined that **GOCEK Early Harvest Olive Oil** contains **862 mg/kg** polyphenol by measurements made in independent accredited laboratories.



## Organic Aromatic Herbs & Medicinal Plants

Plants provide the oxygen and nutrients necessary for a sustainable life, and protect our health. With the beginning of human life on earth, the use of plants for treatment has also begun.

From the first day on, humans have benefited from the healing power of plants for the sake of "Good Life". Many drugs used in today's modern medicine are derived from plants.