

# Herb Update

By Morton Walker, D.P.M.

## Olive leaf extract

Mother Nature's safe and effective 'antibiotic.'



Since Noah released a dove from his ark and it returned with an olive leaf, there has been only one remedial treatment that works by itself to win mankind's struggle against pathological microorganisms — that treatment lies within the leaves picked from the branches of olive trees.

Olive leaves offer the one, true, natural and nontoxic way to eliminate illnesses arising from viruses, bacteria, fungi, yeasts, protozoa, worms, flukes, and other parasites. Ingredients in olive leaves work against those specific microbes causing herpes infections, skin diseases, candidiasis, malaria, arthritis, heart trouble, flu, and even the common cold. Such olive leaf ingredients are now available as a single extract processed into a supplement.

Because the olive leaf is merely a bitter-tasting vegetable able to be brewed as a green tea, or eaten in green salad, ingesting it is absolutely safe. This herb offers no adverse side effects of any kind.

The discovery of its medicinal use

happened in 1996. When the olive leaf's main therapeutic components are extracted, ground into powder, packaged into capsules or tablets, and taken as a supplement, their antimicrobial effects become more potent. They kill germs fast. Cold or flu symptoms, for instance, are known to disappear within one day. If you wish to help prevent colds or flu from occurring, just make olive leaf extract a part of your daily nutritional supplementation.

Oleuropein, the powerful germ killer in olive leaf extract, has been used as a cure-all for thousands of years among those populations bordering the Mediterranean. The people didn't know why brewed olive leaf tea worked, but it did reduce their rates of infection. Oleuropein is a phenolic compound and the source of disease-resistant characteristics of the olive tree. Finally its remedial properties been recognized by herbalists and holistic health practitioners as a totally effective, completely safe, and truly re-

markable all-natural healer of microbial infections. Olive leaf extract is nature's answer to the medical profession's creation of antibiotic-resistant bacteria.

### Some of the therapeutic benefits from using olive leaf extract are:

- It strengthens the body's immune system.
- It's the curative for malaria and other protozoan diseases.
- It helps block the growth of viral diseases such as HIV, Epstein Barr, cytomegalovirus, genital herpes, shingles, cold sores, and retrovirus.
- It helps stop sore throats, sinusitis, rhinitis, bronchitis, and pneumonia.
- It reduces the symptoms of Lyme disease, chronic fatigue syndrome, yeast syndrome, fibromyalgia, athlete's foot, and jock itch.

In all Balkan countries plus Russia, Turkey, Greece, and Italy, olive leaf extract is extensively employed as a broad-spectrum germ killer.

### REFERENCES

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- Walker, M. *Nature's Antibiotic: Olive Leaf Extract*. New York: Kensington Publishing Corporation, 1997.

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