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Olive Leaf Extract

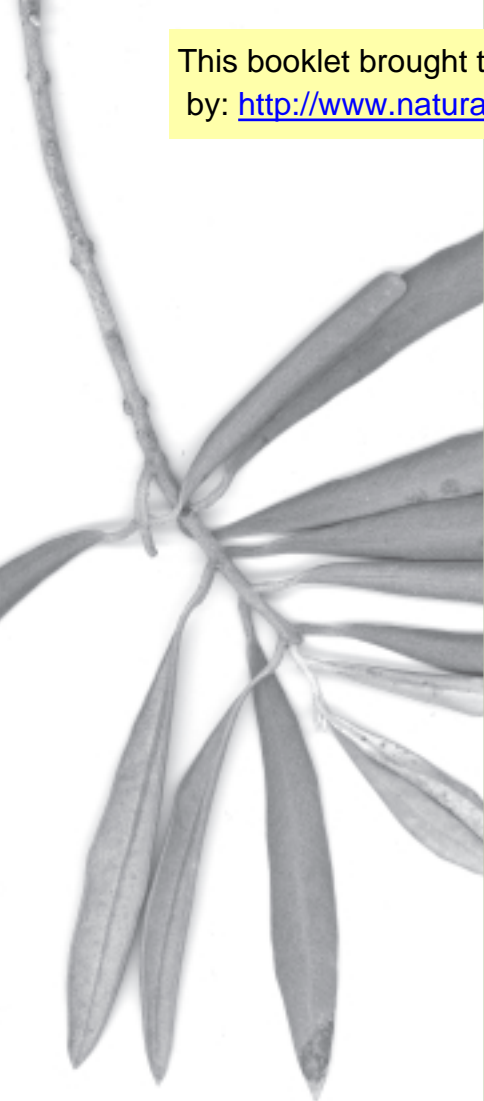
Potent Antibacterial,
Antiviral and Antifungal Agent

Researched by
Michele Hansen, N.D.
Andrew Verity N.D.
Dip H. Dip N. Dip Irid.

*Provides valuable information
on using olive leaf extract to fight invading bacteria,
viruses, fungi and other harmful microbes*

READ INSIDE

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An Introduction

Out of the Mediterranean comes an herb of such potency it has broken all contemporary classification barriers and set new paradigms by which to judge herbal efficacy. This abundant, immune-boosting herb has been employed by Middle Eastern cultures for centuries to treat a broad spectrum of microbial disorders. Olive Leaf Extract is a pure and potent product designed to enhance health naturally and without side effects.

From the beginning of time, it seems, olive trees have had their place in the tribulations and celebrations of humankind. Throughout history they have offered food and shelter to people. They have been symbolic representatives of peace, security and plenty. Today, in fact, the olive branch is the United Nation's global symbol of peace. According to Greek mythology, it is Athena to whom the existence of the olive tree may be traced, for it was she who first planted one among the rocks of the Acropolis and bestowed upon it powers to provide nourishment, heal wounds and illuminate the darkness.

Olive trees were key players in the early development of international trade, and the Bible refers to this ancient, hardy plant as the 'king of trees', and even 'the tree of life.' Thomas Jefferson, who had his own olive grove, extolled the virtues of the olive: 'The olive tree is surely the richest gift of Heaven.'

Olive trees originated around the shores of the Mediterranean well over 5,000 years ago. Today an estimated 500 million olive trees can be found growing on six continents around the world, - 90 percent of which border on the Mediterranean. While about 20 percent of the olive trees being cultivated today are destined for table olives, the rest are used for the oil, which is extracted from the fruit of the tree. These account for over 9 million metric tons of olives. The higher grade oils are used directly for human consumption, while lower grade oils are either refined or used for soap.

Olive Leaf Extract is usually made by drying and powdering the leaves, then making an infusion and concentrating the extract. The most active compound in the extract is called oleuropein, (pronounced oh-lee-or-oh-pin), a bitter monoterpene glycoside of the class known as secoiridoids. Oleuropein and products from its hydrolysis, such as elolenic acid and aglycone, have unique, potent and multifaceted attributes to contribute to the antimicrobial functions of the olive leaf. Oleuropein is also one of the major components found in the polyphenolic portion of extra virgin olive oil, which is so important for blood vessel health. Oleuropein has an anti-platelet function, helping the heart and circulation by making the blood less sticky. It acts as an anti-

oxidant against LOL, the harmful fat in your body, and also has anti-viral, anti-bacterial, and anti-parasitic action. The flavonoids present in olive leaves, such as rutin, are generally helpful for maintaining healthy blood vessels.

Evidence suggests that drinking olive leaf tea has been employed for many hundreds of years by Middle Eastern cultures to treat such disorders as coughs, sore throat, cystitis, and fever. In addition, poultices of the olive leaves have been used to treat boils, rashes, warts and other skin problems.

It was not until the early 1800's, however, that olive leaves came to the attention of the medical establishment. A French colonel by the name of Etienne Pallas, M.D., took note of the helpful effects that olive leaf tea had on those who consumed it. He examined the leaf's constituents and isolated a crystallisable compound he named vauqueline, a bitter substance to which he credited most of the febrifuge (fever reducing) properties. Yet even back then, with limited knowledge and scientific instruments, Pallas acknowledged that the fever-reducing characteristics of olive leaves represented only a small portion of its therapeutic effects.

While subsequent olive leaf investigations never ceased entirely, few scientific researchers embarked on serious studies into the herb until the mid 1990's, since when the most active compounds contained within the olive leaf have been revealed. This earlier lack of interest was probably due to the development of potent antibiotics such as penicillin, which up until this past decade seemed like panaceas for every microbe under the sun. But with the over-use and abuse of such antibiotics, and the growing number of diseases which seem to evolve to become more virulent with each generation, investigations into potent yet more natural antimicrobials seemed the sagacious step to take.

The invasion of pathological organisms is on the rise. To combat this unseen enemy, medical scientists have created ever-stronger antibiotics. But these organisms have brought new meaning to the word 'mutant'. They mutate faster than science can create new antibiotics. Each new generation seems more aggressive in its invasion and less responsive to antibiotics. To add to the dilemma, the immune system has undergone its own 'mutation' process, failing to respond to older, redundant antibiotics, and quickly becoming 'immune' to the effects of newer ones. The immune system becomes weakened over extended use of antibiotics, making it more susceptible to the invasion of pathological organisms. In short, a paradox has been created. Stronger organisms require stronger antibiotics, which create stronger organisms.

Much of this predicament is a result of abuse and misuse of antibiotics. Rather than allowing the body to fight off the small and moderate infections over whatever period

of time was needed by the body, people wanted to feel better NOW - a product of the 'instant gratification' syndrome of modern society. Doctors accommodated this antibiotic abuse - too often for economic rather than altruistic reasons. Added to this was the fact that after a patient felt better, he or she would often discontinue use of the antibiotic before finishing the prescribed amount. This helped the remaining organisms become resistant to that particular antibiotic. Add to this the unhealthy mixture of all the other immune-weakening situations the contemporary body is bombarded with every day (i.e. polluted water, air and food supplies, stress, toxic chemicals, etc.) The end result of these unnatural occurrences is a weakened immune system prone to attack by antibiotic-resistant pathological organisms. If this sounds like a gloom-and-doom outlook, note that top scientists around the world are desperately searching for an answer to the predicament at this very moment.

Refreshingly, a new attitude among many medical scientists is emerging. The negative effects and risks of concentrated, synthetic drugs are increasingly seen to outweigh any benefits that may be derived from them. Rather, turning to Mother Nature and getting back to basics seems to offer more benefits and healthful results and fewer risks. People are finally realising that, in the long run, a few extra days of feeling 'under the weather' far outweighs the negative effects of quick cures.

Olive leaf extract is Nature's anti-microbial agent. In his information booklet 'Olive Leaf Extract', Dr. Morton Walker, DPM and professional medical journalist, lists 126 pathological microbes which olive leaf extract acts against - many of which are notoriously antibiotic-resistant. Some of these diseases include Chlamydia, E. Coli, Giardia, Hepatitis A, B, and C, Influenza, Lyme disease, Meningitis (both viral and bacterial), Pneumonia, Shingles, Shigella (a form of dysentery) and Vaginitis. Olive leaf extract appears to be more efficacious than any other natural antibiotic, both in broad spectrum capabilities and in potency.

Some physicians have already successfully employed olive leaf extract as therapy for patients who suffer from medically puzzling diseases such as Chronic Fatigue Syndrome and Fibromyalgia. According to rheumatologist Lisa Weinrib MD: 'Olive leaf extract is the missing link that functions as an antiviral and anti-retroviral agent by slowing down the organism's reproductive cycle. A slowdown of the organism's spread allows the patient's immune system to go on the attack'

The extract of olive leaves operates in a multifaceted fashion. According to James R. Privitera, MD, it helps the body to overcome microbial invasions by bringing about:

- A critical interference with certain amino acid's production procedures, necessary for a specific virus, bacterium or microbe to thrive.

- Interference with viral infection and/or spread by inactivating viruses or by preventing virus shedding, budding, or assembly at the cell membrane.
- Direct penetration into infected host cells and irreversible inhibition of microbial replication.
- Neutralisation of the retrovirus' production of reverse transcriptase and protease. These particular enzymes are critical for a retrovirus such as human immunodeficiency virus (HIV) to alter the ribonucleic acid (RNA) of a healthy cell.

Direct stimulation of phagocytosis is an immune system response to microbes of all types. This multifaceted approach is why Olive Leaf Extract is so efficacious against so many diseases that involve the immune system. But other diseases also respond to the extract. Coronary artery disease seems to respond well to its use. Laboratory and preliminary clinical studies indicate that extract of olive leaf alleviates numerous disorders related to insufficient arterial blood flow, including angina pectoris and intermittent claudication (lameness). It helps eliminate atrial fibrillation (arrhythmia), lowers high blood pressure, and inhibits LDL cholesterol from oxidising.

Although it is not known exactly how oleuropein acts as an antiviral agent, there are several proposed mechanisms:

- Interference with specific amino acid processes vital to the life cycle of the virus;
- Interference with viral infection and/or by inactivating the virus or by prohibiting shedding, budding or assembly at the cell membrane;
- Immune activation of host defense through direct stimulation of phagocytosis;
- Neutralisation of the production of reverse transcriptase and protease (relates to retroviral ability to alter the host cell RNA);
- Penetration of infected host cells while inhibiting viral replication.

The antiviral activity of elolenic acid was shown to be greatest in an alkaline environment (pH 7.5), which is very close to the normal pH range of 7.35 - 7.45.

The Discovery of a Molecule With a Mirror Image.

In the early 1990s, Fredrickson made a number of significant discoveries about the oleuropein in olive leaf. These are recorded in his book 'The Tree of Life', which is in the Library of Congress. He discovered that the human body has two enzymes (esterase and beta-glucosidase) that convert oleuropein to elolenic acid, a powerful compound that kills a wide range of bacteria. Elolenic acid has one left handed (levorotatory) and seven right handed (dextorotatory) molecules - the right handed is the mirror image of the left. It is the right handed form of elolenic acid that kills the bad bacteria, viruses, fungi, yeasts, etc. As a result of Fredrickson's discoveries, this compound is fast becoming a rising star in the world of nutritional knowledge and healing. Since the process of converting oleuropein to elolenic acid is a natural process, which occurs in the body, the process cannot be patented.

Viruses that have shown susceptibility to elolenic acid in vitro include;

Herpes (MRS); vaccinia; pseudorabies; influenza A & B; Newcastle disease; parainfluenza 1, 2, & 3; coxsackie A21; encephalomyocarditis; polio 1, 2 & 3; vesicular stomatitis; sindbis; reovirus; Moloney murine leukemia; Rauscher murine leukemia; Moloney sarcoma.

In vivo activity has been demonstrated in hamsters with reduced viral yields from animals infected with the parainfluenza 3 virus.

Oleuropein has also been shown to be effective against many bacteria. The proposed mechanisms of antibacterial activity are as follows:

- Slows the growth rate and inhibits a number of enzymes;
- Induces damage to the cell membrane thus affecting its permeability and resulting in a leakage of cytoplasmic constituents;
- Inhibition of micrococcal nuclease and lysozyme;
- Inhibits enzymes by reacting with the e-amino group of exposed lysine residues and the exposed n-terminal amino group of polypeptide chains;
- Irreversible inhibition of DNA polymerase II and inhibition of DAN polymerase III holoenzymes;
- Immune activation of host defense through direct stimulation of phagocytic activity.

Bacteria that have shown susceptibility include:

Lactobacillus plantarum; *L. brevis*; *Pediococcus cerevisiae*, *Leuconostoc mesenteroides*; *Bacillus cereus*; *Staphylococcus aureus*; *Bacillus subtilis*; *Enterobacter aerogenes*; *E. coli*; *Escherichia coli*; *Salmonella typhimurium*; *Pseudomonas fluorescens*; *P. solanacearum*; *P. lachrymans*; *Erwinia carotovora*; *E. tracheiphila*; *Xanthomonas versicatoria*; and *Corynebacterium michiganense*.

Fungal and yeast infections have been the focus of a great deal of attention from many health care providers. A major contributing factor to increases in these ailments is thought to result from the overuse and over-prescription of bacterial antibiotics. The natural bacteria living on our skin and mucous membranes (such as the lungs and intestinal tract) provide a blanket of protection from other harmful organisms. These microbes secrete substances that may be toxic to other invading organisms and either benefit or have a neutral effect on our bodies and cells.

Because antibiotics kill both the friendly and unfriendly organisms, they can upset the delicate balance of our body's natural defenses. The result has been a paradise for yeast and fungi not harmed by the antibiotics, which may flourish without competition from our natural bacterial allies. Since yeast prefers a diet high in sugars, our overindulgence in sweets has further benefited yeast populations and contributed to illness and disease. Fungi and yeast species that have shown sensitivity to oleuropein include *Geotrichum candidum*, *Rhizopus* sp. and *Rhizoctonia solani*.

Oleuropein and other structurally related iridoids have also demonstrated anti-inflammatory properties when administered either orally or topically. Although oleuropein's activity as an anti-inflammatory may be moderate in comparison to other naturally occurring iridoids, it could still be considered noteworthy. And since virtually all disease results in an inflammatory response, oleuropein might offer some benefits in any health condition.

In the United States, as in most Western countries, atherosclerotic heart disease and stroke remains the number one killer despite all the advances in medicine. A major risk factor for atherosclerosis is the elevation of serum lipids (specifically low-density lipoproteins or LDLs). Oxidised low-density lipoproteins can be taken up by endothelial cells and monocytes by way of their scavenger receptor. This can lead to the formation of cholesterol ester-loaded foam cells and atherosclerotic plaques. In the advanced stages, this can lead to the death of the endothelial cell (which is the cell at the innermost layer of the blood vessel). Oleuropein is a polyphenolic compound; these naturally occurring phytochemicals are very potent antioxidants; oleuropein in particular has been shown to inhibit the oxidation of LDLs and thus atherogenic activity. Oleuropein content in the diets of the Mediterranean population

has been proposed, among other postulates, as the reason for the decreased incidence of coronary heart disease when compared to its other Western counterparts.

Hypertension is a common disorder encountered and diagnosed by many physicians. Because there is usually no pain associated with its occurrence, many patients are unaware of problems until they visit their doctors or until it is too late, as in the case of a stroke. An important component of olive leaf extract is oleuropein. This compound has been shown to act as a hypotensive by activating the vasodilation of blood vessels. Decreased arterial blood pressure, decreased atrial rate, decreased cardiac contractility and anti-arrhythmic effects have all been attributed to oleuropein.

It appears that other olive leaf extract ingredients act synergistically to potentiate the relaxant effect of oleuropein; thus, the whole is greater than the individual parts.

If a person's immune system is overburdened in fighting a war against an influx of infectious germs, the immune system becomes weak and the body is more susceptible to sickness. When oleuropein is taken orally, two natural enzymes in the body, esterase and beta-glucosidase, convert the oleuropein to elolenic acid. Elolenic acid derived from this source helps strengthen the immune system.

It is generally agreed that olive leaf extract does not produce adverse side effects. Please consult your physician if you are taking any prescription medications. But some people may experience what is known as Herxheimer's Reaction, which may give the feeling the symptoms are temporarily getting worse. This most likely is a sign the olive leaf extract is working! When large quantities of microbes are killed off, the body's cell membranes tend to absorb some of the toxic products from these dead organisms and have an allergic response (i.e; pain and swelling of the joints, sinuses, eustachian tubes in the ears etc).

This is generally recognised as an appropriate response to treatment, and discomfort typically lasts only a few days. Afterwards the patient can often feel even better than prior to falling ill. If unfavorable reactions of this nature occur, decrease the dosage by half for 3 to 4 days and drink as many as four glasses of water between each dosage.

Olive leaf extract (oleuropein) is thus a natural wide-spectrum antibiotic, anti-bacterial, anti-viral, anti-fungal compound. Unlike synthetic antibiotics, it destroys only the bad bacteria and protects the good. Medical research suggests that when oleuropein is taken orally, it searches out and 'inactivates' the bacteria. It does this by dissolving the outer lining of the infectious germs and then penetrating the infected cells, thus inhibiting the replication of the bacteria.

Dosages of Olive Leaf Extract.

Oleuropein is best taken one hour or more away from food, as the activity of elolenic acid in the oleuropein may be decreased by certain amino acids found in protein-containing foods and supplements. Therefore, if one wishes to take amino acids such as lysine it may be better to take the oleuropein at a different time of day. Though there is no 'official' dosage for taking olive leaf extract, some experts recommend a 'maintenance' dose for general use and a 'therapeutic' dose for specific disorders. The most popular amount for the maintenance dose is one teaspoon (5ml) three times a day. A reasonable therapeutic dose would be 3 to 9 teaspoons in divided doses per day (some practitioners have reportedly used doses of double this amount).

In these modern times, when we seem to be surrounded by infectious diseases, it soothes the soul to know that one can arm oneself with a weapon from Nature which prevents infection from making inroads in the first place.

Health Quest.

Throughout the ages, tea made from olive leaves has been a popular folk remedy for combating fevers. Medical reports from the mid nineteenth century report that a tea made from olive leaves cured the worst cases of malaria. This tea was extremely popular in England for treating sick sailors and passengers returning from tropical colonies. Doctors at that time believed that the bitter substance in the leaves was responsible for its various healing powers.

Early this century, the bitter compound was isolated from the olive leaf. This phytochemical, called oleuropein (pronounced oh-lee-or-oh-pin) provides the olive tree with vast disease-resistant properties. Oleuropein is credited with the olive tree's ability to live for thousands of years - it protects the tree against nearly every insect and bacterial predator.

How Does the Olive Leaf Work?

Immune System Support

Humans have an elaborate immune system. That system acts as a coat of armour to protect us from the billions of pathogenic (disease-causing) organisms in our environment that enter the body through breathing, eating, drinking and cuts in the skin. When the immune system is functioning at the peak of efficiency, these micro-organisms can be present in one's body but they have little effect. However, when an injury or an over abundance of physical or mental stress weakens the immune system, these opportunistic germs are able to get a stronghold. Disease results as these pathogens overtake various glands, organs and tissues in the body. At some point, the diseased glands, organs or tissues produce symptoms that are characteristic of the particular pathogen. For example, cold viruses normally attack the respiratory system. The respiratory system then reacts by producing more phlegm. Tissues swell, then sneezing, coughing, a runny nose, and other discomforts appear as symptoms.

Sometimes the symptoms are immediate but many times it takes months and even years for them to appear. Even prior to the appearance of symptoms, the pathogens are in the body draining strength from the infected tissues and the immune system. The ingredients in olive leaf extract support and boost the immune system in three ways:

- 1.) Interfering with the pathogen's amino acid properties. This prevents the pathogen from reproducing and creating more microbes within the body. Studies even suggest that calcium elolenic acid can enter infected cells in the body and stop viral cells from replicating.
- 2.) Preventing virus shedding, the means by which viruses reproduce. Right-reflecting calcium elolenic acid attaches to the cell membrane to stop viruses from multiplying and spreading. In the case of retroviruses, calcium elolenic acid neutralises the production of reverse transcriptase and protease. These enzymes are essential for a retrovirus, such as HIV, to alter the RNA of a healthy cell. Without them, the retrovirus is rendered impotent.
- 3.) Directly stimulating phagocytosis, an immune system response in which cells ingest micro-organisms and foreign matter.

Olive Leaf Is Not a Drug.

It is also important to realise that olive leaf extract is not a drug. As a result, taken in recommended amounts, one may not notice an overnight improvement. In some cases of serious immune system problems, two or three months of regular ingestion are required before significant improvements in chronic conditions of ill health are realised.

Olive Leaf is not a cure; olive leaf extract does not cure disease. It is important to remember that pathogens are not the disease. Neither are the symptoms. Disease occurs as pathogens or other harmful substances damage glands, organs, or tissues of the body. Nothing in the extract can change or fix damaged cells in the body. By attacking microbes and directly strengthening the body's immune system, olive leaf extract enables the immune system to better protect and help restore health. Olive leaf can simply help improve and maintain the immune system and healthy body function.

The “Die-Off Effect”.

A good sign. In cases where people are suffering with a chronic problem there may be a quick and somewhat adverse reaction. The ‘die-off effect’, or Herxheimer's Reaction, refers to symptoms generated by a detoxification process. As the body begins to deal with dead microbes, one may experience a variety of detox symptoms.

‘Die-off’ occurs as large quantities of invading organisms die. When that happens, the dead microbes release toxins and other substances. The cell wall proteins of the dead microbes get absorbed into weakened mucous membranes. When large quantities of this foreign material are present, the body begins a process to get rid of it. Sometimes it's more than the eliminative organs can handle at one time. The liver, kidneys, intestines and skin may become over-burdened. Thus, one could feel ill or develop a skin reaction. All of these conditions are good signs - they indicate that the olive leaf extract is working to destroy germs that may be causing various conditions of ill health. Common reactions include fatigue, diarrhoea, headaches, muscle/joint aches or flu-like symptoms. Some people may develop a rash, pimples or other skin conditions. Severity differs also from person to person, depending on the extent of the problem.

How to Handle the “Die-Off” Effect.

The best way to maximise the power of olive leaf extract and limit any adverse reaction is to drink four cups of water in between usages. Water helps to strengthen the lymphatic system and flush the kidneys.

In the event of substantial detoxification symptoms occurring that produce discomfort, the first line of attack is to drink a large amount of distilled or reverse osmosis water. If detox symptoms persist, there are other courses of action as well.

One might consider reducing the daily intake of olive leaf extract. One might even stop taking it altogether for a few days. It may take a day or two, or even a week, for the body to process and eliminate the toxins produced by the dead microbes. After these few days, one should resume taking olive leaf extract at a slightly lower amount

and increase slowly. Many people also find that large amounts of vitamin C help the body during this time. 'Die-off' is only temporary and usually ends with a greatly enhanced feeling of well-being. Olive leaf extract is very safe, in spite of the 'die-off' detoxification effect among some individuals.

No Side Effects.

Research indicates that amounts many times higher than recommended are unlikely to produce toxic or other adverse side effects. During 1993 testing of the liquid form of the product against the herpes virus, there were no observed or reported side effects.

Increased Energy.

Olive leaf extract produces substantial energy increases in most people that use it. It is not at all uncommon to hear people state that they have more energy than they have had for years. One likely reason for this is that the body is now freed from fighting so many opportunistic invaders. Without having to direct much of its energy inward for immune processes, the body can redirect that energy level outwards to be used as desired.

During clinical use by a doctor in southern California, patients stated that olive leaf extract solved their tiredness and fatigue problems. One frequently heard comment from users is that they feel more energy and a greater sense of well-being. Many choose to continue with olive leaf extract even after their conditions of ill health are gone. Healthy people without any noticeable health problems who take it say they also feel this infusion of energy.

Chronic Fatigue.

Chronic Fatigue Syndrome is a rather prevalent condition of late. While it may seem like a rather new problem, Chronic Fatigue Syndrome is related to the more widely known malady, mononucleosis, commonly called the 'kissing disease' years ago, a reference to the method of transmission. Both illnesses are caused by the Epstein Barr virus. This virus is a member of the herpes family of viral infections, and is related to the viruses that cause shingles and genital herpes. Chronic Fatigue Syndrome also often afflicts its unfortunate victims with Immune System Dysfunction Syndrome, thus the acronym CFIDS, short for Chronic Fatigue Immune Dysfunction Syndrome.

The symptoms of CFIDS include, of course, bone-crushing fatigue as well as fever, sore throat, swollen glands, loss of appetite, insomnia, recurrent respiratory infections, nausea, intestinal problems, stomach ache, diarrhoea, anxiety, cough, depression,

rash and skin problems, vomiting, mood swings, swelling, sleep problems, weight gain or loss, temporary memory loss, loss of concentration, unusual stress, headaches and other aches and pains. These symptoms mimic other common viral illnesses such as the flu, therefore diagnosis may be difficult. No medical cure or vaccine exists for the virus. Past medical histories of those with CFIDS often includes mononucleosis, cold sores or oral herpes, genital herpes, shingles, and surprisingly, allergies to food, drugs or the very common 'hay fever'. The Center for Disease Control in Atlanta estimates that tens of thousands of Americans are infected with this virus. Approximately 20% of the population may be carriers only, with no visible symptoms. The Epstein Barr virus is highly contagious, and is spread by personal contact, kissing, sharing food, spitting, coughing, (which leaves microscopic droplets in the air) and intimate contact.

The virus causes an over-reaction of the body's immune system, which most often results in decreased immunity by overtaxing the immune system. Herein lies the danger of the virus - it is incurable and can do much damage to the immune system. Immune-suppressed individuals experience an approximately 30% higher rate of viral replication than those with functional immune systems.

Additionally, once the Epstein Barr virus enters the body, it remains there, waiting until the immune system becomes compromised. Some experts believe that the virus can remain in a person's body for their entire lifetime, putting them down with illness again and again.

These same experts maintain that infection with the Epstein Barr virus is inevitable for all adults in the entire world. People in third world nations, the economically disadvantaged and those within the confines of the inner city are usually infected by early adolescence. In middle and upper economic and social levels, about 55% of the population is infected by adolescence. After college age, however, nearly all the individuals in this group have detectable Epstein Barr virus antibodies, indicating a past or present active infection.

Even more disturbing news is the data that some researchers are now discovering. A number of research teams have unearthed new evidence that other microbes have joined with the Epstein Barr virus or act as substitutes for it. This list includes the scary retroviral foamy viruses, HTLV-2 enteroviruses (including polio), cytomegalovirus and human herpes virus type VI. A person cannot become immune to the Epstein Barr virus, and since it is a virus, no antibiotic has any power against it. The same frightening scenario exists for the other viruses mentioned above.

Olive Leaf Extract:

A Potent Barrier of Protection

All of this would paint a rather bleak picture, were it not for the existence of potentiated olive leaf extract. A good number of people have reported the elimination of fatigue type problems after using olive leaf extract. This is no surprise since laboratory testing demonstrates that olive leaf extract kills a wide variety of viruses in vitro, including the Epstein Barr and other viruses, (See below for a complete listing of the various viruses and other pathogens against which olive leaf extract is beneficial in vitro).

- AIDS (Acquired Immunodeficiency Syndrome)
- Amoebiasis
- Anthrax
- Athlete's Foot (Tinea Pedis)
- Bladder Infection
- Botulism
- California Encephalitis
- Campylobacter (Campylobacteriosis)
- Cat-Scratch Disease
- Chancroid
- Chicken Pox (Varicella)
- Chlamydia
- Chlamydial Pneumonia
- Cholera
- Clostridium Perfringens Infection
- Colds
- Cold Sores (Herpes Simplex I)
- Conjunctivitis
- Crabs (Pediculosis Pubis)
- Croup
- Cryptosporidiosis
- Cytomegalovirus (CMV)
- Diarrhoeal Diseases
- Diphtheria
- Ear Infection
- Eastern Equine Encephalitis (EEE)
- Ebola Sudan Virus Infection
- Ebola Zaire Virus Infection
- E. Coli 0157:H7 (Escherichia coli Haemorrhagic Colitis 0157:H7)
- Encephalitis
- Epstein Barr Virus (EBV) Infection
- Fifth Disease
- Flu (Influenza)
- Food Borne Illnesses (Food Poisoning)
- Gastric Ulcers
- Gastroenteritis (Traveller's Diarrhoea)
- Genital Herpes (Herpes Simplex II)
- Genital Warts (Human Papillomavirus, HPV)
- German Measles (Rubella)
- Giardia (Giardiasis)
- Gonorrhoea
- Group B Strep Disease
- Hand, Foot and Mouth Syndrome (Disease)
- Hantavirus Pulmonary Syndrome (HPS)
- Head Lice
- Hepatitis
- Hepatitis A, B, and C
- Herpes Zoster (Shingles)
- H. Flu Meningitis or Hib (Haemophilus Influenza Meningitis)
- Impetigo
- Infant Botulism
- Japanese Encephalitis (JE)
- Jock Itch (Tinea Cruris)
- Legionnaire's Disease
- Leprosy (Hansen's Disease)
- Leptospirosis
- Listeria (Listeriosis)
- Lockjaw (Tetanus)
- Lyme Disease
- Lymphocytic Leukemia from Human Acute Leukemia / Lymphoma Virus
- Malaria
- Marburg (Monkey) Virus (Rhabdovirus simiae)
- Measles (Rubeola)
- Meningitis, Bacterial and Viral
- Meningococcal Meningitis
- Mono (Infectious Mononucleosis)
- Mumps
- Mycoplasma Pneumonia
- Newcastle Disease
- Norwalk Agent
- Parrot Fever (Psittacosis)
- Pasteurella (Pasteurellosis)
- PID (Pelvic Inflammatory Disease)

- Pink Eye (Conjunctivitis)
- Pinworm (Enterobiasis)
- Plague
- Pneumococcal Meningitis
- Pneumonia, Broncho, Lobal, or Segmental
- Pneumonia, Bacterial
- Pneumonia, Chlamydial
- Pneumonia, Mycoplasma
- Pneumonia, Viral
- Polio (Poliomyelitis)
- Pork Tapeworm
- Q Fever (Query Fever)
- Rabies
- Rat-Bite Fever
- Rheumatic Fever
- Ringworm (Tinea), of scalp
(Tinea, Rocky Mountain Spotted Fever)
- Roseola (Exanthem Subitem)
- Retrovirus Infection
- Rotavirus Diarrhoea
- Roundworm (Toxocariasis)
- RSV (Respiratory Syncytial Virus) .
- Louis Encephalitis (SLE)
- Salmonella (Salmonellosis)
- Scabies
- Scarlet Fever (Scarlatina)
- Sexually Transmitted Diseases
- Shigella
- Shingles (Herpes Zoster)
- Smallpox (Variola)
- Staphylococcal Food Poisoning
- Strep Throat
- Syphilis
- TB (Tuberculosis)
- Thrush (Oral Candidiasis)
- Toxic Shock Syndrome (TSS)
- Toxoplasmosis
- Trich (Trichomoniasis)
- Trichinosis (Trichinellosis)
- Typhoid Fever
- Urinary Tract Infection
- Vaginal Yeast Infection
(Yeast Vaginitis from Candidiasis of the Vagina)
- Vaginitis (Vaginosis)
- Vincent's Infection
- Warts

Fibromyalgia.

Fibromyalgia is another syndrome that has been diagnosed with increasing frequency over the last few years, much like Chronic Fatigue Syndrome. Approximately 2% of the total population has fibromyalgia, while up to 20% of the female population between the ages of 40 and 60 years old have the symptoms. Of great interest is that the syndrome occurs most frequently in the 20 - 40 year old age group, roughly the time that infection with the Epstein Barr virus also occurs. Simply defined, fibromyalgia is a disorder that manifests itself in various parts of the body. In the early days of this new syndrome, many practitioners simply classified any soft tissue complaint that they couldn't otherwise diagnose as fibromyalgia.

Today, diagnosis is much more specific. The symptoms of fibromyalgia include aches, pains, stiffness, localised tenderness and swelling, fatigue, stress, headache, sore throat, intestinal problems, depression, anxiety, memory blanks, loss of concentration, mood swings and non-refreshing sleep.

Note the substantial similarity in symptoms of fibromyalgia with those of Chronic Fatigue Syndrome. There have been some immunologic antibody findings that indicate a pathogenic-linked cause for fibromyalgia, just like Chronic Fatigue Syndrome. Most researchers today link fibromyalgia in some manner with CFIDS.

Dr. Walter Gunn states 'What seems to show up in article after article is some kind of immune dysfunction.' Whether these abnormalities are due to viral infection, an activation of latent viruses or another factor is as yet unproven. It is known however, that a large number of infectious agents initiate the onset of fibromyalgia.

Additionally, two different laboratories have found that fibromyalgia is accompanied by low levels of natural killer cell activity. As mentioned earlier, olive leaf extract empowers the immune system by increasing phagocytes, the body's natural killer cells.

Olive leaf extract also has a proven record in vitro against viruses and latent viruses as well as numerous other pathogens. Thus we can surmise that these nutritional problems can be helped by olive leaf extract.

Cardiovascular Health.

It is now well known and well documented that one product of the olive tree, olive oil, has a positive health benefit to the cardiovascular system. The Mediterranean Diet, of which olive oil is a part, is beneficial when used as part of a healthy lifestyle. It must also be remembered that olive oil is rich in various olive phenolics which likely accounts for much of its nutritional power.

Petroni and Blasevich at the Institute of Pharmacological Studies, University of Milan found that olive oil reduced blood platelet aggregation. This could potentially result in lessened risk of blood clots and heart problems.

As reported in the April, 1995 issue of Thrombosis Research, it was determined that this beneficial effect was caused by the antioxidant properties in the extra-virgin olive oil. Of equal, or perhaps even more importance, it was also found that the aqueous waste water from the olive oil refining process, rich in phenolics, showed rather potent activities as well.

Petroni and Blasevich's partners at the University of Milan, F. Visioli and C. Galli, paved the way in their 1994 study, which showed that olive leaf derivatives are good antioxidants. Thus, they proposed that this is a new link between the Mediterranean diet and the prevention of serious heart problems.

V. Petkov, working on his research in Europe and writing for peer-review journals in the United States, also found uses for olive leaf in nutritionally maintaining healthy cardiovascular systems and helping other heart problems.

Low Density Lipids and Cholesterol.

Perez-Jimenez and Espino, in their 1995 article in the American Journal of Clinical Nutrition, demonstrated that a diet rich in olive oil increased the high-density lipids, or 'good cholesterol', by 7%.

A 1994 experiment at the University of Milan's Institute of Pharmacological Sciences found that olive leaf inhibited oxidation of low-density lipoproteins, the so-called 'bad cholesterol' connected to various heart problems. A subsequent study in 1995 at the same institution linked olive leaf to the reduction or delaying of problems in the heart.

The 1996 study by Ruiz-Gutierrez and Muriana at the University Hospital found that components in olive oil significantly boosted high-density lipids ('good' cholesterol) and reduced the low-density lipids ('bad' cholesterol).

Nutritional Support for the Heart.

Of great importance is the report that olive leaf extract helps solve the nutritional problems associated with a weakened cardiovascular system.

Olive leaf extract has also been studied for its ability to lower blood pressure. Ribeiro and Fiuza reported the findings of their study in the Journal of Ethno-Pharmacology. They studied thirty two medicinal plants, and verified that *olea europaea*, olive leaf, produced a beneficial effect. A. Zarzuelo and J. Duarte, researchers in the Pharmacology Department at the University of Granada, Spain, who studied olive leaf extract, confirmed these findings. They showed that oleuropein is largely responsible for this good effect, but that there was also one other compound in the olive leaf that potentiates this pressure-lessening action. We now know this other compound to be calcium elolenic acid.

A recent study of olive leaf to determine its blood pressure lowering capabilities was undertaken in 1996 by a large team of researchers in Belgium. They tested thirty patients who were suffering from high blood pressure. After three months on olive leaf extract, all thirty patients experienced a decrease in blood pressure. Quoting researchers, 'We note for all patients a statistically significant decrease of blood pressure.' Additionally, they noted that they did not find any side effects from the olive leaf extract occurring in the patients in this study.

Another 1996 study from the University Hospital in Seville, Spain found that phenolic-rich olive oil reduced both the systolic and diastolic blood pressures.

As demonstrated here, olive leaf extract is a powerful antioxidant much like flavonoids and proanthocyanadins. These very compounds protect the heart and cardiovascular system from free-radical induced damage, and promote powerful good health in the user.

Colds and Flu's.

Eighty years ago, a flu swept the globe and killed 21 million people. It decimated families and left pain, suffering and death in its wake. The mortality rate was 10 times worse than the normal strain of influenza. This new flu strain caught the world by surprise. Many people had fevers of 104 degrees, and died as their lungs filled with fluid. Many became delirious before they died. In the U.S., 675,000 people died from the flu in less than a year. Its impact worldwide was worse than Europe's black plague of the Middle Ages.

While these events are certainly scary, one need not excessively fear health problems caused by flu, colds, or their related problems, such as pneumonia in the case of influenza.

Many Americans fall prey to several colds every year. Additionally, in 1990, 43.4% of Americans suffered through at least one bout of the flu, which is more than 110 million people missing work, school and other important aspects of their lives due to a virus. The single largest cause of missed work or school is viral cold and flu infections. Laboratory testing shows that olive leaf extract could substantially reduce one's susceptibility to cold or flu viruses.

Dr. Robert Lyons performed a clinical test of his patients using olive leaf extract. Of the 164 patients suffering from respiratory and lung conditions (colds, flu, lung problems and the like), 157 fully recovered and 7 improved while using olive extract. That's a success rate of almost 96%.

One doctor believes that olive leaf extract may be a true germ killer since it selectively blocks an entire virus-specific system in the infected host. It appears to offer organic health benefits not available with pharmaceutical antibiotics. Many people who lead stressful lives or who may be particularly susceptible to colds and viruses may benefit from long-term use of olive leaf extract as an immune system booster.

Immunity and Antibiotics.

According to federal researchers, deaths from infectious disease rose by 58% from 1980 to 1992, in third place behind heart disease and cancer. Twenty years ago the World Health Organisation was saying that by the year 2000 sources other than

Western, technological medicine would be needed in order for all people to have adequate health care. The organisation recommended the use of traditional forms of healing and medicine, such as the use of herbs, to meet the demands of an exploding global population. The recommendation was adopted by the organisation.

The traditional treatment of choice against infections has been various kinds of antibiotics. We know that the mechanism by which antibiotics work is perhaps not the most beneficial to the human body. Most antibiotics suppress the immune system, and nearly all of them destroy beneficial organisms in the intestinal tract. Additionally, medical science has stated numerous times over recent years that the current antibiotics have largely been rendered of little use against the newly-named 'super-bug' germs. With no new antibiotics on the horizon, this poses a grave threat to health. This is a medical problem today of epidemic proportions. Largely as a result of overuse of antibiotics, many microbes are resistant to those medicines.

Today, there are few effective antibiotics available that continue to work with the most common pathogens such as staphylococcus and streptococcus. Some of the new strains are virtually unaffected by traditional drugs.

Olive leaf extract empowers the immune system by directly stimulating production of the immune system cells called phagocytes. These phagocytes move throughout the body looking for foreign invaders. They then neutralise any abnormal organisms that they find. An important fact is that microbes cannot be resistant to phagocyte cells like they can to drug interventions. Olive leaf extract contains flavonoids, esters and multiple iridoids that create a structurally complicated molecule. It appears that bad micro-organisms cannot readily develop a resistance to olive leaf extract's complex structure. Olive leaf extract does not disturb the beneficial bacteria in the intestines. Already olive leaf extract has shown itself to be the only effective and nutritional remedy available for the fatal bacillus cereus contamination. This is a micro-organism that infects the body and there is no known medical treatment or cure - once infected, it takes over the body and the person dies. Tassou and Nychas, researchers at the Ministry of Agriculture in Athens, Greece detailed the results of their studies in the prestigious journals Lancet and Biotechnology Applied Biochemistry, stating that olive leaf extract and oleuropein inhibit the germination and growth of the pathogen.

Parasites.

Americans are living longer, but not healthier. Numerous authorities believe that a significant cause for this lack of health is the existence of parasites in the human body. Dr. Hazel Parcels states that '85% of adult North Americans are infected with parasites.' Dr. Peter Wina, Chief of Pathobiology at the Walter Reed Army Institute of

Research adds, 'We have a tremendous parasite problem right here in the U.S. It is just not being addressed.' Perhaps the most surprising statement comes from Dr. Frank Nova, Chief of the Laboratory for Parasitic Diseases at the National Institute of Health when he says, 'In terms of numbers, there are more parasitic infections acquired in this country than in Africa.' The World Health Organisation categorises parasites as among the six most harmful infectious diseases in humans. Parasites can inhabit muscle tissue, the digestive tract, the bloodstream and even the brain, heart and other vital organs.

Parasites can be microscopic in size or can stretch up to 30 feet long. Most people think of parasites as tapeworms, hookworms, roundworms and flatworms. The Center for Disease Control says that tapeworm infection in the U.S. has doubled in frequency within the past ten years. Roundworm infection is abundant in meat eating cultures. One type of flatworm, a fluke, can live in the intestines, liver, lungs or blood. Trichina larvae, sometimes found in pork products, burrow into the intestinal wall and enter the bloodstream. The blood flow carries the larvae to the muscle fibres where these worms live and grow. Worms, such as the hookworm, attach themselves to the intestinal wall and live off the host's blood. Microscopic parasites do not live off their host as such, but can thrive on processed foods, and their waste excretion can cause serious problems within the human body. The Center for Disease Control considers parasite caused Giardia to be the number one waterborne disease. It has been found in the water supplies of major cities in America. Giardia is one of the many microscopic organisms that can greatly interfere with physical and mental functioning. This parasite can coat the intestinal wall, inhibiting digestion and assimilation. Parasites can be contracted by eating undercooked beef, pork, fish or other meats, walking barefoot on infected soil, through both intimate and casual physical contact, being in contact with flies or mosquitoes, eating unclean raw vegetables, drinking infected water, close physical contact with cats, dogs or other pets and simply contacting unclean environments through breathing or touching. There is an increased danger of contracting parasites when travelling to tropical or underdeveloped countries. The rise in immigration, especially from these areas; also contributes to the epidemic in the U.S. Some types of parasites, after attaching themselves to muscle tissue or infecting tissues, can reproduce and survive for years in the body. One study illustrates the longevity of parasites in the human body. In 1979 a British study reported on 600 former prisoners of war from World War II. These men had been stationed in the Far East. Thirty years after the war, 15% were still infected with a parasite called Strongyloides that they had contracted during the war. Thus, a parasite infestation from years ago could still be alive and active in the body.

Detecting parasites can be difficult. Current laboratory testing finds only about 1% of the more than 1,000 parasites that can live in the human body. Most parasites live

in the body without revealing their presence. Thus, parasite infestation manifests itself in less obvious ways, many times hidden within the symptoms of various chronic health problems. Problems claimed to be caused by parasites include hypoglycemia, indigestion, a weakened immune system, fatigue or lack of energy, colitis, back pain, headaches, acne and other skin problems, poor assimilation, nausea, vomiting, lack of concentration, weakness, flu-like symptoms, muscle and joint pain, weight loss, a feeling of fullness in the stomach, appetite loss or uncontrolled appetite, gas, dizziness, memory loss, asthma, allergies, sinusitis, irritability, abdominal pain, constipation, infertility, itchiness, slow reflexes, blurry or unclear vision, back pain, menstrual problems and bed wetting. Some researchers claim that the waste material produced by flukes is extremely carcinogenic and contributes to the formation of cancer. The waste material from just one tapeworm may make some people ill. Microscopic parasites can cause arthritis-like symptoms.

Parasites are notoriously difficult to kill and expel from the body. Olive leaf extract exhibits powerful anti-parasitic action against just such invaders.

Note: During a parasite cleanse, some people may become nauseated or experience other unpleasant feelings. This is most likely due to severe parasitic infection and the resultant 'die-off' which releases toxins or dead proteins into the bloodstream.

Tropical Illnesses.

Olive leaf extract may offer considerable potential in the treatment of tropical infections such as Malaria and Dengue. Malaria is caused by parasitic protozoans injected into the body by infected mosquitoes. Protozoans are one-celled organisms, the simplest creatures in the animal kingdom.

As far back as 1827, reports have appeared in medical literature indicating the benefits of olive leaf extract in the treatment of Malaria. In 1906, one report stated that olive leaves were, in fact, superior to quinine for malarial infections. Quinine was preferred, however, because it was easier to administer. In studies performed by the Upjohn Company, calcium elenolate, the substance within oleuropein, was found to be effective against the malaria protozoa.

Olive leaf is now available in tablet and liquid extract form as an anti-malarial agent.

Malaria has been reported recently in Texas and continues to be a leading cause of illness and deaths worldwide, particularly because of the development of drug resistant strains. 'It is a continuing concern in the United States because of increased international migration, travel, and commerce,' according to the publication 'Morbidity and Mortality Weekly Reports.'

Another serious tropical disease giving concern to public health officials is dengue fever. This ailment is also mosquito-borne, in this case caused by a virus, and occurs mainly in tropical Asia and the Caribbean. It can cause vomiting, high fever, loss of appetite, and abdominal pain, and is deadly in 50 percent of cases.

Some 50 million people are affected each year and about half a million require hospitalisation, according to the World Health Organisation. Researchers are trying to find a vaccine but no breakthroughs have occurred yet. In 1995, large outbreaks of Dengue were reported by health authorities in 12 Latin American and Caribbean countries.

Food Poisoning.

Mortimer and McCann, English researchers reporting in the May 1974 issue of *Lancet*, a prestigious medical journal, found that fried rice, a Chinese dish, was sometimes contaminated with the deadly *Bacillus cereus* bacteria and causes food poisoning episodes in humans. It is very serious; symptoms include nausea, belching, flatulence, indigestion, oral frothing, vomiting, diarrhoea, burning stomach, sore abdomen, muscular weakness, pain in upper body, heart damage, severe bone pain, body temperature fluctuations, mental confusion, extreme depression, abdominal distention, respiratory inflammation and permanent heart and lung damage. Since a person with these bacteria cannot absorb nutrients, death usually follows in advanced cases (See Immunity and Antibiotics).

Candida, Yeast and Fungal Problems.

Candida Albicans is a yeast, which normally exists in a certain amount in the intestines. It is a symbiotic relationship - normally it causes no problems in healthy people. However, once allowed to grow beyond this amount, in a situation called yeast overgrowth, problems begin. *Candida* enters newborn infants during or shortly after birth. Usually, the growth of the yeast is kept in check by the infant's immune system and thus produces no overt symptoms. But, should the immune response weaken, the condition known as thrush can occur as a result. By six months of age 90% of all babies test positive for *Candida*. By adulthood, virtually all humans play host to *Candida Albicans* and are thus engaged in a life-long relationship. Laboratory testing is of little use in determining overgrowth, but some of the symptoms can include fatigue, lethargy, depression, headaches, muscle aches or weakness, joint pain, abdominal pain, constipation, diarrhoea, gas, vaginal burning, itching or discharge, prostatitis, endometriosis, infertility, menstrual problems, PMS, anxiety, irritability, drowsiness, lack of co-ordination, mood swings, insomnia, eczema, itching eyes, psoriasis, sensitivity to food, itching, cough or recurrent bronchitis, urinary frequency or urgency, burning on urination, recurrent infections, inability to concentrate, skin problems, gastrointestinal symptoms, nervous system problems,

recurrent yeast infections in women, allergies, sinus problems, recurrent colds and flu, indigestion, respiratory problems, food cravings, asthma and over or underweight.

Diets high in carbohydrates, sugar, yeast and yeast products, as well as moulds and fermented foods provide a ripe breeding ground for candida. Additionally, prolonged exposure to moulds, antibiotics and sulfa drugs also pose a threat. For women, taking birth control pills or having multiple pregnancies can raise or lower the body's pH level to provide a favorable environment for the growth of candida. Stress, poor nutrition, pollution, steroids, antibiotics and hormones in meat and milk products may also be a contributing cause.

Above all, a compromised immune system is the crucial factor that allows for a yeast overgrowth. There are 79 known toxic products that are released by candida, which in itself places a burden on the immune system. These get into the bloodstream and travel to all parts of the body where they may give rise to a host of adverse problems. Prescriptions of nystatin, a yeast specific antibiotic is often used for candida elimination, but can cause an allergic reaction. A very restrictive diet which eliminates all yeast-containing or yeast-benefiting products is often recommended, i.e; bread, cereal, wheat, potato, cheese, ketchup, mustard, fermented foods and the like. Such protocols are inconvenient and difficult to maintain. Olive leaf extract produces beneficial results, is easy to use and creates no side effects (See 'Die-Off - A Good Sign').

Fungus and Yeast Infections.

More than 10 million Americans are said to have disfiguring fungal nail infections, a widely ignored medical problem. It is frequently found among patients with AIDS, cancer and diabetes, athletes, elderly individuals, people who spend considerable time standing or who wear the same shoes day after day, or who wear artificial fingernails. Drugs taken for cancer and AIDS lower resistance and are believed to make people more susceptible to infection.

For the first time in 35 years, a new drug has been approved for the condition. It is called Sporanox and is reported to be more effective than previous anti-fungal preparations. But none of these preparations come cheap. Patricia Ansteet of the Knight-Ridder Newspapers reports that two 100-milligrams of Sporanox are taken daily for about three months at a cost of \$1,800. Older drugs, taken for 12 months or more, cost double or more that amount over the longer duration. Even with the new drug, the condition may return if the medication is stopped. Olive leaf extract may offer a natural - and for sure less expensive - method of self-treatment.

Patients who have suffered with candidiasis have reported significant improvements. They say they have fewer infections, allergic reactions, less dullness and more energy.

Olive leaf has also been reported to be effective in reversing stubborn vaginal yeast infections and herpes simplex II.

Questions For Adults and Teenagers.

Have you suffered from:

- 1) Frequent infections, constant skin problems, or taken antibiotics, birth control pills, or cortisone medications often or for long periods?
- 2) Feelings of fatigue, being drained, drowsiness, or illness symptoms on damp, muggy days or in mouldy places such as a basement?
- 3) Feelings of anxiety, irritability, insomnia or cravings for sugary foods, breads or alcoholic beverages?
- 4) Food sensitivities, allergic reactions, or digestion problems, bloating, heartburn, constipation or bad breath?
- 5) Feeling 'spacey' or 'unreal', difficulty concentrating, or bothered by perfumes, chemical fumes or tobacco smoke?
- 6) Poor co-ordination, muscle weakness, or joints painful or swollen?
- 7) Mood swings, depression, or loss of sexual feelings?
- 8) Dry mouth or throat, nose congestion or drainage, a feeling of pressure above the ears, or frequent headaches?
- 9) Pains in the chest, shortness of breath, dizziness, or easy bruising?
- 10) Frustration of going from doctor to doctor, never getting your health completely well, or being told that your symptoms are 'mental' or 'psychological' or 'psychosomatic'?

Questions for Women only:

Have you suffered from:

- 1) Vaginal burning or itching, discharge, infections, or urinary problems?
- 2) Difficulty getting pregnant?
- 3) Been pregnant two or more times?
- 4) Taken birth control pills?
- 5) Pedestal symptoms such as moodiness, fluid loading, or tension?
- 6) Irregular menstrual cycles or other menstrual problems?
- 7) Permanently appearing changes in the time or frequency of menstruation?
- 8) Heavy discharge from your nipples?
- 9) Pain during sexual intercourse?
- 10) Vaginal spotting?
- 11) Pelvic pain?
- 12) Breast lumps?
- 13) Hot flashes?

Questions for Men Only.

Have you suffered from:

- 1) Difficulty having an erection?
- 2) A lump in the testicles?
- 3) A sore on the penis?
- 4) Any discharge from the penis?
- 5) A breast lump?
- 6) Impotence or premature ejaculation?
- 7) Peyronie's disease?
- 8) Loss of libido?
- 9) Prostatitis?
- 10) Orchitis (testicular)?
- 11) Pain in the lower abdomen?

Questions Especially for Children Under the age of Ten.

Has the child suffered from:

- 1) Frequent infections, particularly of the ears, tonsillitis, bronchitis, history of constant nappy rash?
- 2) Continuous nasal congestion or drainage?
- 3) Dark circles under the eyes, or periods of hyperactivity, poor attention span?
- 4) A long history of bed wetting?
- 5) Eczema?

If you had four or five 'yes' answers, chances are you may suffer from a yeast-related illness. Six or seven 'yes' answers mean you are probably infected with candida, and eight or more 'yes' answers mean that you almost certainly are infected and need to get treatment for chronic candidiasis. Four facts that are known about yeast and fungal diseases are that nystatin, a pharmaceutical commonly used to treat candida, is ineffective, and does not penetrate the blood/brain barrier; most patients show trouble maintaining temperature; the presence of yeasts often indicates the presence of parasites; and anti-allergen infections may affect the disease, but are showing less and less efficacy. To rid yourself of your yeast infection avoid antibiotics, eat an anti-yeast diet, discontinue birth control pills in the presence of vaginal discharge, take nutritional supplements like vitamin C, zinc, and magnesium, and take two doses of olive leaf extract, three times daily.

Olive Leaf Extract's Effectiveness Against Certain Pathogens based on Anecdotal Clinical Testing.

Note: Anecdotal reports only report experience and are not scientific evidence. Olive Leaf Extract is not a cure but is thought to boost the immune system.

Olive leaf extract works against the following problems as demonstrated by anecdotal clinical testing:

1. The generalised degradation of pathological micro-organisms of all types - viruses, retroviruses, bacteria, fungi, yeasts, moulds, protozoa and parasites.
2. The relief of arthritic-type inflammations.
3. Better control over the risks of elevated blood sugar.
4. Elimination of chronic fatigue and its related problems.
5. The creation or restoration of abundant energy with prolonged stamina.
6. The normalisation of certain types of heart problems.
7. The improvement of blood flow.
8. The lessening of hemorrhoid pain.
9. Relief from toothaches.
10. The destruction of free radicals via antioxidant action.
11. The clearing of fungal infections such as mycotic nails, athlete's foot and jock itch.
12. Relief from malaria and dengue fever, as well as other exotic fevers.
13. The prevention and relief from all types of viral problems.
14. The reversal of problems associated with Candida Albicans and other yeast related discomforts.
15. Death and excretion of a variety of parasites.

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What the research found ...

DID YOU KNOW? Around 25% of prescription drugs are derived from plant extracts. Even well known drugs such as Penicillin (derived from fungi) and Aspirin (from the willow tree).

Unlike some natural health product trends which come and go in a couple of years and carry very little scientific research on their supposed benefits, the active ingredient of Olive Leaf Australia's Extract, *Oleuropein*, containing calcium elenolate and elenolic acid, has been used for millenniums and scientifically proven and reported on for decades.

This page lists forty of the key research papers, books and scientific reports which have been carried out in many countries.

The following terms will assist you in the reading of the headings.

Oleuropein: A phenolic compound which naturally occurs in *Olea europaea* foliage and is the component most responsible for the extract's therapeutic abilities.

Calcium elenolate and elenolic acid: Active ingredients of the *Oleuropein*.

Olea europaea: This is the latin name for the specific species of *Olea* tree which carries the olive leaf extract's healing properties.

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