

## Did You Know...

... that the phytochemical known as *oleuropein* found in olive leaf extract has been shown to **eliminate cancer tumors in 9 to 12 days?**

It's no wonder that people who live in the Mediterranean area -- who consume 20 times more olive oil than Americans -- have half the incidences of cancer than the U.S. Both the olive leaf and olive fruit have active polyphenol properties, but in the processing of the fruit and oil, many are removed. Even so, olive oil contains enough polyphenols that deliver many healthful benefits. It is the **olive leaf**, however, that is prized for its anti-tumor, anti-microbial and anti-viral properties.



The olive leaf comes from a small evergreen tree that is native to the Mediterranean regions. Its medicinal use dates back 6,000 years ago, and the olive leaf is even referred to in scriptural passages as "the tree of life." Almost 2,500 years ago, Hippocrates -- who is acknowledged as the "father of medicine" -- prescribed concentrated olive oil extracted from the olive leaf for numerous health conditions, such as muscular pain, ulcers, and intestinal infections.

After four decades of research, scientists have identified *oleuropein* as the substance in the olive leaf, which accounts for its medicinal properties. Oleuropein is a phytochemical that contains one of the most powerful polyphenol antioxidants in existence, and has been shown to be a *potent anti-cancer compound*. Olive leaf extract contains 12 different antioxidants -- including hydroxytyrosol, which has an oxygen radical absorbance capacity **10 times higher than green tea**, and tyrosol, which helps protect cells from injury caused by oxidation.

### **Olive Leaf Extract May Help Stop Cancer Dead in Its Tracks ...**

Scientists initially believed that olive leaf extract had the ability to "cure" various diseases. But they later found that it actually does not cure disease directly -- rather, it stuns or kills off pathogens. A pathogen is a disease-producing agent (such as virus or bacteria). When the olive leaf extract interrupts pathogen activity, it essentially "unplugs" and "derails" disease in the making ... or inhibits the proliferation of disease in the body. Once pathogens are stopped dead in their tracks, the immune system can rebuild itself and "cure" disease at its root.

Some of the most amazing anti-tumor results were reported by Biochemical and Biophysical Research Communications. When oleuropein was administered orally to mice that had developed tumors, it **regressed the tumors in 9 to 12 days**.<sup>[1]</sup>

The biochemists in this study reported that, "No viable cancer cells could be recovered from these tumors. These observations elevate oleuropein from a non-toxic antioxidant into a **potent anti-tumor agent** with direct effects against tumor cells."

And it's not just cancer that olive leaf extract has been shown to treat successfully.

Clinical tests conducted by the New York University School of Medicine showed that olive leaf extract is able to change the pathways of HIV-type infections as well, and may even reverse these conditions.

In his book titled *Olive Leaf Extract*, Dr. Morton Walker recommends using olive leaf extract for its miraculous effects on more than 125 infectious and chronic diseases. Its therapeutic uses include:

- ==> Inactivation of bacterial, viral, and retroviral infections;
- ==> Prevention of dental and surgical infection;
- ==> **Eradication of the HIV virus**, as well as herpes and shingles;
- ==> Effective treatment for **colds, flu and pneumonia**;
- ==> Decrease of Chronic Fatigue Syndrome symptoms;
- ==> Increased circulation, blood flow and reduction of free radical damage (which help combat heart disease, hypertension, and arthritis);
- ==> Antifungal and antibacterial action on athlete's foot, mycotic nails, yeast infections, and chlamydia;
- ==> and a host of other therapeutic effects.

Studies show olive leaf extract is safe to take at therapeutic levels with no side effects. It is widely available at health food stores in the form of capsules or tablets. Dosing will necessarily vary depending on the severity of the disease or health condition. As a general rule, the higher the concentration of oleuropein in a particular product, the more effective it is thought to be. Dr. Walker recommends an olive leaf extract with an oleuropein concentration of at least 6%. There are brands that have a concentration of 15% or higher. Consult with your naturopathic doctor for proper dosing.

As a preventive measure, health professionals recommend one or two capsules equaling 250 to 500 milligrams. Caution: It is not advisable for olive leaf extract to be administered in conjunction with antibiotics or other fungus or mold medicines