

Olive Leaf

Building Your Health on Many Levels

by Margy Squires

At TyH, Olive Leaf Extract is one of our biggest sellers during the cold and flu season. It has an herbal arsenal against viruses, bacteria and a host of other disease-causing pathogens that are problematic to immunity – including yeast overgrowth which affects GI integrity. But like most plant medicines, olive leaf extract (OLE) is multi-dimensional when it comes to health benefits. Blood pressure, glucose homeostasis, cardiovascular risk – if you've limited OLE to only building immunity, it's time to consider what it can do for the rest of you!

What is OLE?

OLE is olive leaf extract and the research is historical, but it wasn't until scientists isolated oleuropein from the leaves that its amazing benefits were truly recognized. This powerful phytochemical has kept olive trees free from disease and apparently offers human protective properties as well. In fact, some of the original olive trees are believed to be in the Garden of Gethsemane in Israel. Oleuropein is the “working” component of OLE and standardization in products ranges from 6 to 22% oleuropein content.



Can I take OLE instead of a flu shot?

Many people successfully avoid cold and flu with OLE by 1) starting early in the season to improve immune function and 2) taking extra when they are exposed to someone who's less than healthy. Since OLE helps reduce the pathogens (disease-causing organisms), your immune system can focus on eradicating outside invaders – viruses and bacteria – versus battling internal “guests”. Talk to your doctor to see if OLE is a flu-shot option. Source: Pereria et al. *Molecules* 5/07

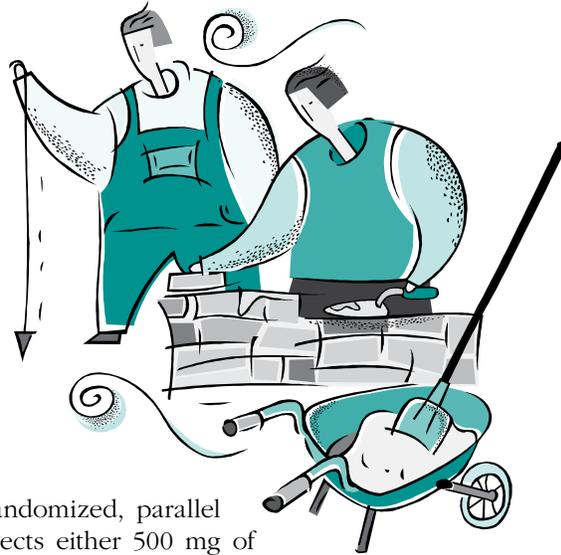
Could OLE help bone disorders?

The more OLE is studied, the more benefits are found. For instance, OLE may support bone density. OLE is shown to increase collagen, decrease reactive oxygen species (ROS) implicated in free radical damage and disease process; and reduce inflammatory response. And the benefits list seems to just go on and on. Source: Keitaro et al. *Euro J Endocr Pharm* 7/11



How does OLE affect blood pressure (BP)?

Interestingly, a 2011 study compared OLE to a hypertensive drug to see which one would lower systolic levels better for stage-1 hypertension over an 8 week period. The



double-blind, randomized, parallel study gave subjects either 500 mg of OLE twice a day (16% oleuropein) or 12.5 mg initial dose of catopril twice a day. The catopril dose was increased to 25 mg if needed. Stage 1 hypertension is a reading of 140/90 mmHg or higher. According to the World Health Organization, “the risk of cardiovascular disease doubles for each increment of 20/10 mmHg of blood pressure, starting as low as 115/75 mmHg.” An estimated 40% of adults may be hypertensive and it's a primary risk factor for heart disease and stroke. At the end of the 8 week study, both groups had lower results. On average, the OLE group dropped systolic by 11.5 mmHg and diastolic by 4.8 mmHg. Plus the OLE group had 7.8% lower triglycerides, 9% lower LDL cholesterol and 2.8% total cholesterol - all in 8 weeks! OLE is also well tolerated vs. drug side effects. *Caution: Do not self diagnose or treat hypertensive symptoms. Seek qualified medical advice.* Source: Sasalit et al. *Phytomedicine* 2/11

Explain why OLE works for high BP.

One possible explanation is that hypertension often involves stiff, inflexible blood vessels, from the smallest capillaries to the largest arteries. OLE acts on cells that line blood vessels to improve endothelial function. OLE may also influence the enzyme responsible for blood vessel tension. In a rat model, OLE increased nitric oxide to dilate blood vessels. Perhaps OLE works by affecting a combination of perpetuating factors. Sources: Gary et al. *J Am Coll Cardiol* 11/11; Chobanian et al. *JAMA* 5/03; Susalit et al. *Phytomed* 2/11; Perrinjaquet-Moccetti et al. *Phytother* 9/08



Is OLE heart healthy too?

According to the American Heart Association, cardiovascular means “pertaining to the heart and blood vessels”. This includes blocked vessels (coronary artery disease/CAD),

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hypertension, heart valve disease, arrhythmia, orthostatic hypotension – you get the picture. Elevated blood pressure, blood sugar and cholesterol are risk factors for cardiovascular disease. By favorably affecting the three risk parameters, OLE may keep your heart healthier longer and reduce your risk of heart attack and stroke.

Does OLE lower blood sugar?

Not directly. But it does help maintain blood sugar homeostasis based on HbA1c and plasma insulin blood tests, according to a July 2012 study on humans. Adults with type 2 diabetes received either 500 mg of OLE daily or placebo. To learn OLE's mechanism, researchers also did a parallel trial on rats, suggesting OLE's effect may be due to "reduction in starch digestion and absorption." The authors conclude that OLE "may represent an effective adjunct therapy that normalizes glucose homeostasis in individuals with diabetes." Source: Weinstein et al. *J Med Food* 7/12

Is OLE safe for diabetics?

Since OLE maintains a more stable blood sugar level, those taking insulin should be aware that their dose may need to be adjusted. Additional, OLE may help protect nerve cells damaged during times of elevated glucose activity. A 2011 rat study suggests OLE "inhibits high glucose-induced neural (nerve) damage and suppresses diabetic-induced thermal hyperalgesia (pain)." In conclusion, the authors suggest OLE could potentially lessen diabetic nerve pain (Kaeidi et al. *J Ethnopharmacol* 6/11). Talk to your health care professional before adding OLE to your diabetic regimen as you may find you need less insulin medication.

Can OLE be used for a detox?

A key immune organ is your gastrointestinal (GI) tract in its role as 1) nutrient transport and 2) elimination of waste and toxins. Doing a detox twice a year (think spring and fall cleaning) is a good idea. Some people find that taking one OLE at night helps keep them "detoxed" on a regular, proactive basis. See *Get with the Program Detox, Clear & Replenish* article for detailed information.

What about side effects?

General use of OLE typically has no side effects. If doing a detox, you may experience mild flu-like symptoms as your detoxifying organs, the liver, kidneys, intestines and skin dispose of toxins. The more toxic you are, the more of a die-off (Herxheimer Reaction) you may have. Reduce that effect by 1) starting slowly, 2) night dosing and 3) drinking 4 cups of distilled water between OLE doses to help elimination. The results? More energy and a feeling of well-being, which confirms you needed a little "house-cleaning"!



What are some of OLE's other benefits?

One new area of study for OLE includes its effect on adipose (fat) cells and weight loss (Druria et al, 2011). Another study results "strongly suggest that an OLE containing polyphenols

OLE, Immunity Helper

In laboratory testing, OLE is effective against viruses, retroviruses, bacterium, parasites, yeasts, fungi and multiple other microbes. Here is a partial list.

- ◆ Bacillus cereus, subtilus
- ◆ Campylobacteriosis
- ◆ Candida albicans (yeast)
- ◆ Chlamydia trachomatis
- ◆ Coxsackievirus A21
- ◆ Cryptococcus neoformis
- ◆ E. Coli
- ◆ Herpesvirus (MRS)
- ◆ Herpes Simplex Type 2 (genital herpes)
- ◆ Influenza (several types)
- ◆ K. pneumoniae
- ◆ MRSA
- ◆ Mycoplasma pneumonia
- ◆ Parainfluenza 1 (several types)
- ◆ Parasitic worms (round, pin, etc.)
- ◆ Polio 1,2,3
- ◆ Salmonella (food poisoning)
- ◆ Staphylococcus Aureus
- ◆ Tinea (ringworm, athlete's foot)
- ◆ Tinea cruris (jock itch)

Source: *Olive Leaf Extract* (Dr. Morton Walker), Kensington Books

such as oleuropein and hydroxytyrosol reverses the chronic inflammation and oxidative stress that induces the cardiovascular, hepatic (liver) and metabolic symptoms ...of diet-induced obesity and diabetes" (Poudyal et al 2010; rat study). Hydroxytyrosol is the plant oil found in OLE. Human studies are needed.

Any final things I should know?

OLE is not a drug and does not work instantaneously or overnight. OLE does support healthy habits and helps rid the body of pathogens involved in disease process. Plus, OLE offers benefits for risk markers cited above. So if you're trying to build better health, consider putting OLE to work for you.

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Other Helpful Reads

- ◆ *Olive Leaf Extract, Immune Power From a Plant* (A compilation of research on OLE)
- ◆ *The Case for Olive Leaf, Immunity for Infectious Diseases*
- ◆ *Olive Leaf Extract, Nature's Antibiotic*
- ◆ *Clear & Replenish, Healing the Gut (Detox)*

For informational purposes only and not intended to diagnose, cure, treat or prevent any medical condition.

TyH offers both 6% Olive Leaf Extract and Olive Leaf ESE™ (extra strength extract) at 18% oleuropein content. For OLE products call 800-801-1406 or visit www.e-tyh.com.