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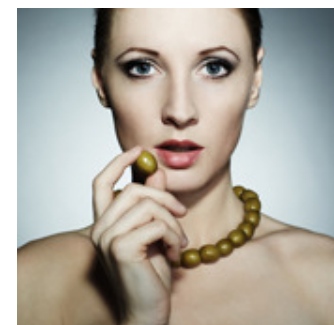
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# RESCU WELLBEING

## Health Alert: How Olives Can Benefit Your Wellbeing

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By Eleanor Reader

Whether you've eaten them with a fancy antipasto, nibbled them off the toothpick from your martini or simply scooped them straight from the jar in the fridge, the truth is olives are doing you much more benefit than just being a tasty treat.

### The Benefits

Olive trees, leaves and the delicious fruits themselves have each been proven to boost your health in different ways. The results do vary between which part of the olive tree you

consume. For example, when the leaves are packed into a liquid Olive Leaf Extract, the health benefits will be larger than if you ate olive fruits everyday.

Each part of the olive tree is packed with vitamins A, D, K and E and has been proven to lower blood pressure, relieve fevers and colds, treat cardiovascular problems and assist heart function. Oh, and the list goes on to helping you lose weight, stopping premature aging and improving your sex life. Wow.

These are all major improvements when it comes to long term health, but another huge advantage of including olive based products in your life is they are an easy and all-natural way to improve your sense of well-being, give you much more energy and a healthier lease on life.

Here are some easy ways to up your olive intake.

### Olive Leaf Extract

Olive Leaf Extract is a powerful antioxidant that packs the maximum amount of olive health benefits into one hit. With 400% more antioxidant power than the equivalent amount of Vitamin C, olive leaf extract is the best way to get more olive goodness into your body. This is an all-natural liquid extract made from freshly-picked olive leaves, so the best part is you aren't putting any nasty chemicals into your body to enhance your health.

RESCU Recommends: Olive Leaf Australia 500ml, RRP \$39.95. Available at most pharmacies and health food stores nationwide. Call 1300 653 436 or see [www.olea.com.au](http://www.olea.com.au) for stocklists.

### Expert Advice

Naturopath Renee Livingston shares with RESCU the health benefits of adding Fresh-picked Olive Leaf Extract to your diet.

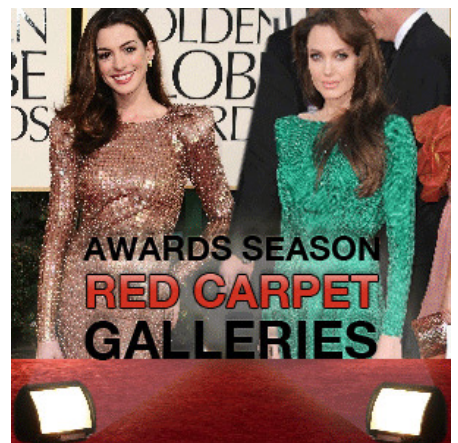
RESCU: How does Olive Leaf Extract work to improve our health?



Renee Livingston: Fresh-picked Olive Leaf Extract helps improve health because of the very high level of polyphenols, which act in the whole body as a potent working synergy of antioxidants. These powerful antioxidants assist the support and maintenance of normal heart function and have also been traditionally used to boost the immune system. Studies have shown olive compounds such as Oleuropein may protect the heart and circulatory system by mobilising an

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