



Monday, October 24, 2005

OLIVE POWER

We hear a lot about the health benefits of olive oil, but the olive leaf also has fantastic medicinal qualities. Users of a locally-made extract, claim its powerful anti-oxidants not only lower cholesterol, but ease arthritis pain.

As Kate Donnison found, the medical world is starting to take notice.

“It's an exciting discovery in the world of anti-oxidants.” It's called olive leaf extract and it's five times more powerful than vitamin C. This is like super anti-oxidants in high concentration.

And while the jury's still out on its potential, users claim it's a natural tonic for ailments including the common cold, arthritis, even eczema and asthma. “Since I've been on it I have not had to use the puffers at all,” says user Bruce McKenzie.

Olive Leaf Australia's Julian Archer says it's modern medicine with an ancient past. “The first recorded use of olive leaves was in ancient Egypt when King Tut was buried, they wrapped olive leaves into his wrappings.” Today, the olive leaf extract is manufactured right here in Queensland.

“We get thousands of people, literally thousands of people, who have phoned in, emailed, sent us letters saying thank you for this fantastic product.”

Users like chronic asthma sufferer Bruce. “This is the collection that I used to take, the three puffers which I used to take three times a day, also the nebuliser which used to use the ventiliser and the atriivent, now do not use any of those and I only use the olive leaf extract three times a day.”

Add to that a drop in his cholesterol level and the 63-year-old retiree says he's been given a new lease on life. “I'm now back playing lawn bowls, going fishing, deep sea fishing.”

Another user who claims he's on the path to good health is 64-year-old arthritis sufferer Arthur Standring. “It's good to be able to get round without no pain in the hip.” Arthur takes 5mls of olive leaf extract three times a day and admits the bitter taste takes a little getting used to. “I don't find it unpleasant but some people would.”

That's why the Archers came up with something a little more flavoursome. “We've introduced a peppermint-flavoured product and that's to just make it more palatable for people.”

But taste aside, it's the olive leaf's healing properties which has the medical world taking notice. While there's more than enough anecdotal evidence to support the health benefits of olive leaf extract, there's little in the way of clinical trials, but that's all about to change thanks to a team of researchers at the University of Queensland.

Cardiologist Dr David Colquhoun has long been an advocate of the Mediterranean diet and its healthy dose of olive oil. So, when he discovered the olive leaf has 10 times more anti-oxidants he could hardly wait to start a clinical trial. "It's actually the most powerful, if you like, syrup or medicine that we know of in terms of anti-oxidant potential."

So the trial, which gets under way early next year, will assess participants' cholesterol levels as well as the anti-inflammatory effects. "We are looking for fit, healthy people first up who would like to take olive leaf extract, compared to olive oil, for over a 2-month period."

If you'd like to take part, please post your contact details to:

Dr David Colquhoun,
C/- The Wesley Medical Centre,
40 Chaseley Street,
Auchenflower, 4066.

For the Archers, it will hopefully mean scientifically proving what they, and thousands of users, already believe. "We are hoping that it will give a very good result and we believe that it will."

In the meantime, you'll find the product at all major health food stores and pharmacies. A 500ml bottle will set you back \$39.95 and should last just over a month.

Contact Details:

Name: Olive Leaf Australia

Phone: 1300 653 436

Website: <http://www.olea.com.au/>