

# wellness.

Alternative ways to be good to your mind, body and soul.



## Turn over a new leaf

Olive leaves have been used as a wonder remedy for thousands of years. Olive-leaf extract has been used to treat wounds, fever, atherosclerosis, diabetes, gout and hypertension.

Research in recent years has shown that olive leaves are rich in antioxidants, which help the body fight disease and stay healthy.

A Swiss study found high doses of olive-leaf extract can significantly reduce systolic blood pressure and cholesterol levels.

Australia has established a successful olive tree industry that produces top-quality fruit and oil, as well as the Olive Leaf Extract supplement.