

# The Case for

# Olive Leaf

## IMMUNITY FOR INFECTIOUS DISEASES

# Extract

by Margy Squires

It used to be that an apple a day would keep the doctor away, as the saying goes.

Today, you'll need more than that to protect yourself against invading pathogens, little critters in your water, food and air supply. Normally, your immune system could handle the critters before they make you sick. But you're more susceptible if you're run down, overtired or immune compromised. What do the critters do? Depends on their point of invasion. If the critter takes control of your nose, it could be an allergy attack, cold or other respiratory complaints. Critters in food or water may cause diarrhea and vomiting. Your body reacts to any foreign intruder by trying to destroy it, which irritates and inflames local tissues. A skin rash occurs either from a point of contact with a toxin or as a result of toxic overload.

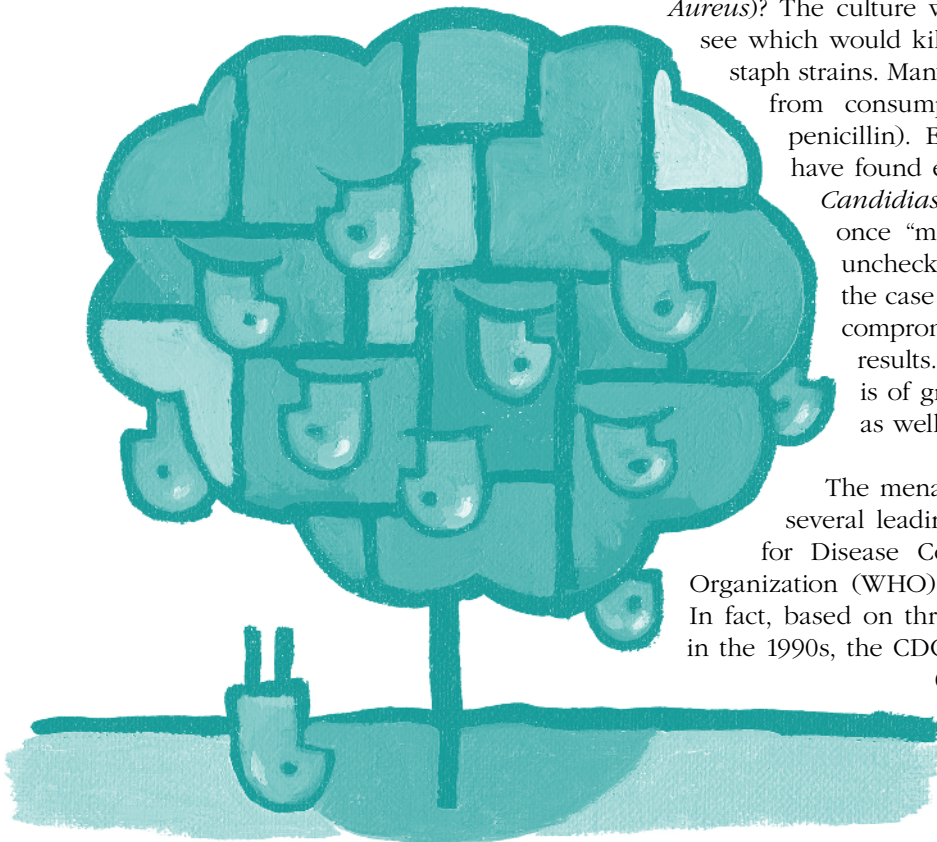
Thinking of reaching for a quick fix for those symptoms? Research suggests many of these one-celled bacterial, viral or fungal critters have learned how to mutate around the drug "magic bullets" and thus become resistant to them. Remember when your doctor took a culture and it turned out to be staph (*Staphylococcus*

*Aureus*)? The culture was then tested against different antibiotics to see which would kill it. Overuse of penicillin resulted in resistant staph strains. Many people are also allergic to penicillin (possibly from consumption of foods treated with the antibiotic penicillin). Erythromycin replaced it but studies in Japan have found erythromycin resistant strains of staph as well.

*Candidiasis*, which is a fungal infection, is resistant to its once "magic bullet", fluconazole. Viral infections, left unchecked, can be as life threatening as bacterial, as in the case of the Hanta and West Nile viruses. In immune compromised individuals, any infection could have fatal results. What happens when these magic bullets fail is of great concern not only to you, but to the nation as well.

The menace of drug resistant diseases is recognized by several leading national organizations including the Center for Disease Control and Prevention (CDC), World Health Organization (WHO) and the National Institutes of Health (NIH). In fact, based on three reports by the Institute of Medicine (IOM) in the 1990s, the CDC established the Emerging Infections Program (EIP) in seven sites across the United States.

The EIP's mission: "to improve national surveillance for new and emerging infectious diseases, conduct applied epidemiologic



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and laboratory research, develop prevention and control measures, and strengthen the national public health infrastructure". The IOM estimates the cost of treating antibiotic resistant infections may be as high as \$30 billion a year in the U.S. At the 2000 meeting, the EID expanded its mission to include "global surveillance".

In the past decade, when all seemed quiet on the Western front, diseases once thought under control reappeared, such as malaria, tuberculosis and cholera. Antibiotic resistance is only part of the reason the new strains are difficult to treat. Finding and typing new viruses isn't the problem, either, given the highly sophisticated laboratory analysis available. It's finding a drug strong enough to kill pathogens without killing the host (e.g. you and me). If new drugs aren't found for these resistant critters, what is the answer?

## Mother Nature's Medicine

Perhaps Mother Nature knows best. As early as 1827, a tea made from olive leaves helped malaria better than quinine. The olive plant extract was later identified as *oleuropein*. Scientists believe that's why the olive tree has such disease resistance and long life. Interestingly, in 1969, researchers at the Upjohn pharmaceutical company isolated a component of olive leaf, *elenolates*, which were effective against microbes, leading them to believe they had discovered a "miracle" antibiotic. Although it worked in the lab, their miracle find flunked human testing. It bound to amino acids in the bloodstream, something not expected. Upjohn eventually abandoned the project. Later research found that in the body, oleuropein is converted to *elenolic acid*, not elenolate. In 1995, olive leaf was available as a supplement in the U.S., luckily for us, without a prescription.

Olive leaf extract in the form of oleuropein is both powerful and wide reaching in its effectiveness against most of the infectious diseases known (see Box). What's more, olive leaf is a "smart" germ killer. It has the ability to destroy the offending bacteria, virus, parasite or fungus without harming either good bacteria or the host (e.g. you and me). It does this by breaking down the cell walls and invading the cell of the infection, thus interfering with its ability to replicate or spread. When the infected cells are "opened up" and destroyed, the toxins are released, prompting the immune system to kick in and help flush the "debris" away.

## Side Effects

Most people who take olive leaf extract on a daily basis will not notice as these microbes die off. However, in a severe toxic die off, what's known as the *Hexheimers Reaction* may occur. You may feel like you are getting worse, with flu like symptoms of nausea, diarrhea, fatigue and even headaches. This is actually a good sign as it means the olive leaf is working. This worsening may last for several days but stick with it. Make sure you are drinking plenty of water to

help with the toxin flush. If you still feel ill, decrease your dose by half for a few days and then build the dose back up. A standard dose might be 1-2 capsules 2-3 times a day; a therapeutic dose, per Kelly Hannigan, N.M.D., might be 2-3 capsules 2-3 times a day (20% oleuropein content). To avoid the Hexheimers Reaction, you may want to take a maintenance dose, at least one to two capsules daily, so toxins do not have a chance to build up.

## Improving Your Resistance

One of the healthiest things you can do for your immune system is to improve your resistance to disease. A compromised GI tract means compromised immunity. If yours is not functioning properly, you might as well throw out a welcome mat as it's an open door to pathogens.

## The #1 GI Health Threat

Yeast resides normally in the GI tract alongside friendly

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## Mother Nature's Medicine

Laboratory testing and research studies confirm that olive leaf extract is effective against over 50 diseases and disease causing organisms. This is only a partial list!

AIDS	Malaria
Anthrax	Measles (Rubella, Rubeola)
Athlete's Foot	Meningitis (Bacterial & Viral)
Bladder Infections (UTI)	Mumps
Botulism	Myoplasma Pneumonia
Campylobacteriosis	Pelvic Inflammatory Disease
Candidiasis (Yeast)	Pink Eye (Conjunctivitis)
Chicken Pox	Plague
Chlamydia	Pneumonia
Cholera	Polio
Colds	Rabies
Croup	Rheumatic Fever
Diarrheal Diseases	Rocky Mountain Spotted Fever
Ear Infection (Otitis Media)	Retrovirus Infection/Diarrhea
Ebola Sudan & Zaire Viruses	Salmonella
E. Coli	Scabies
Encephalitis	Scarlet Fever
Epstein -Barr Virus	Sexually Transmitted Diseases
Food Poisoning	Shigella
Gastroenteritis	Smallpox
Hantavirus Pulmonary Syndrome	Strep Throat
Helicobacter pylori (Ulcers)	Toxic Shock Syndrome
Hepatitis A, B, C	Traveler's Diarrhea
Herpes Simplex (I & II)	Tuberculosis
Herpes Zoster (Shingles)	Typhoid Fever
Impetigo	Warts
Infectious Mononucleosis	Worms (Pin, Ring, Round)
Influenza	Yellow Fever
Jock Itch (Tinea Cruris)	
Legionnaires' Disease	
Lyme Disease	

Adapted from *Olive Leaf Extract* by Dr. Morton Walker, 1997 Kensington Books.

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bacteria in a balanced environment. When this balance is upset, yeast can gain the upper hand. In a dark, moist environment, yeast becomes fungal, much like mold in a damp basement. As it grows, yeast sends out tentacles looking for nutrients, and entrenches itself in its surroundings. Thus, Olive Leaf ES™ will help to “un-entrench” it.

TyH's Olive Leaf ES™ (extra strength) is 20% oleuropein, the highest available content. Olive Leaf ES™ also has NutraFlora®, short-chained fructooligosaccharides or scFOS™, a prebiotic. scFOS™ does two amazing things: sets up an environment for the good bacteria to attach and also feeds it to keep it thriving. Olive Leaf ES™ with NutraFlora® detoxifies the GI tract by first destroying the yeast and then setting up a “home” for the good bacteria. This is an important step as the “friendly” flora must be in control to prevent yeast from gaining a stronghold again.

### Summary

You cannot always control your exposure to infectious critters but you can reduce the extent to which they can make you sick by strengthening your GI tract. Olive Leaf ES™ with NutraFlora® is effective against a number of pathogens which cause infectious disease or yeast overgrowth. Keeping your immune system functioning at optimum will be your best offense. Olive Leaf ES™ on your team increases your odds of winning the good fight.

### Resources

1. Antimicrobial Resistance. Fact Sheet. National Institute of Allergy and Infectious Diseases (NIH).
2. Satcher, D. Emerging Infections: Getting Ahead of the Curve. *Emer Inf Dis* Vol 1, No 1 Jan/Mar 95.
3. Methicillin Resistant Staphylococcus aureus. Fact Sheet CDC.
4. Walker, Morton. *Olive Leaf Extract*. 1997 Kensington Books, NJ.
5. NutraFlora® and its Role in Medical Nutrition Therapy. GTC Nutrition Company, 1990.

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