

## QUICK REFERENCE SHEET

# OLIVE LEAF

*Olea europaea*



Part Utilized:  
Leaf



### PROPERTIES:

Antioxidant, Anti-inflammatory, Vasodilator,  
Antibacterial, Antiviral, Sudorific

### SYSTEMS AFFECTED:

Cardiovascular, Immune

### POSSIBLE USES:

lowering blood pressure naturally, viral,  
bacterial, or other infectious disease

### INGREDIENT IN:

HP

### GENERAL INFORMATION:

The olive branch, in ancient Egypt and in Israel, was a symbol of Heavenly power, protection, and peace. A dove with an olive branch in its mouth has been my husband's symbol for his construction business.

Olive Leaf lowers blood pressure and improves the function of the cardiovascular and circulatory systems. This healing property is due to a constituent called oleuropein. Research in 1962 showed that oleuropein dilates the blood vessels so that blood may flow more easily throughout the entire system. A Dutch researcher observed that this same oleuropein inhibited the growth of viruses, bacteria, fungi, and parasites.

I will try to sum up the scientific explanation for this antiviral action. The action of oleuropein appears to be three-fold. First, it interferes with the production of an amino acid critical to the life cycle of a multitude of virus strains. Second, it halts the spread of the virus by preventing what is called virus shredding, budding, or assembly at the cell membrane (whatever that means!). Third, this constituent has the ability to directly penetrate infected cells and stop the virus from replicating itself.

Olive Leaf is so effective against viruses and bacteria that it is a major component of the HP formula for use against various herpes virus strains.

Olive Leaf is also mildly diuretic and may be used to treat such conditions as cystitis. It also lowers blood sugar levels to the extent that Olive Leaf extract is often recommended for use by diabetics. This herb is very nourishing and improves the balance of fats in the blood.