

# Olives

## Ancient Healing Knowledge

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Ever see those *fresh* green olives (not the marinated ones) at the vegetable market and wonder how they are cooked and eaten? Simply boil or fry until tender. Upon eating you will notice a very distinct bitter taste which comes from the oleuropein which is within the olive fruit and the leaves.

Now you may be saying what good can come from eating a bitter olive with oleuropein in it?

Well oleuropein is the active agent scientists are now finding can reduce high blood pressure. It also acts as an antioxidant and helps relax and dilate blood vessels. So those prone to high blood pressure may achieve a substantial drop in their blood pressure by eating such bitter green olives. Those who don't necessarily enjoy the bitter taste can substitute olive leaf extract capsules (purchased in any health food store) to achieve the same result. ([Phytotherapy Research](#) September 2008; 22(9):1239-42).

Scientists are finding that oleuropein plays an important role in the prevention of cardiovascular disease by limiting the formation of arterial plaque because of its ability to inhibit LDL oxidation. It also possesses antispasmodic, vasodilator, and anti-arrhythmic properties. However the usefulness of olives, olive oil and the leaf extract goes even further and is found to also be a potent broad-spectrum antiviral agent active against all the following viruses tested:

- Rhinovirus
- Myxoviruses
- Herpes simplex type 1 and 2
- Herpes zoster
- Encephalomyocarditis
- Polio 1, 2 and 3
- Two strains of leukemia virus
- Numerous strains of influenza and para-influenza viruses

A study published in the journal of Antiviral Research (Volume 66, Issues 2-3, June 2005, Pages 129-136) proposed using olive leaf extracts as a safe and natural antiviral to fight off colds, flu, yeast infections, and viral infections such as the hard-to-treat Epstein-Barr disease, shingles and herpes. In-vitro studies have also established that olive leaf extract containing oleuropein is an effective anti-microbial agent against a variety of deadly pathogens that can cause both intestinal and respiratory infections like:

- Salmonella typhi

Vibrio parahaemolyticus  
Staphylococcus aureus, including penicillin-resistant strains  
Klebsiella pneumonia  
Escherichia coli

Olives, their leaf extracts and oils seem to work by inhibiting the replication process of the pathogens which disables the infection long enough for ones immune system to eliminate it and prevent it from spreading. And if all of that wasn't enough oleuropein has also been shown to have a beneficial impact on your thyroid along with its anti-oxidant, anti-inflammatory, anti-fungal, anti-diabetic properties and has some ability to inhibit cancer growth.

The medicinal use of the olive tree (olives, oil and leaves) dates back for thousands of years. It's the first botanical healing herb cited in the Bible (Ezekiel 47:12). So the olive fruit, oil and leaves can be a significant natural way to treat a wide variety of health ailments and conditions like urinary infections, gallstones, bronchial asthma and diarrhea, etc. and along with its antibacterial, anti-inflammatory and antioxidant properties also helps to lower blood pressure and cholesterol levels.

The ancient healing knowledge of the Egyptian and Mediterranean (Greek and Italian) cultures well knew that olives, olive oil and olive leaves were good both as a food and medicine. They knew before modern medicine that the green bitter olive and its oil was healthy and because it's an anti-viral agent that, in conjunction with sunshine (vitamin D3) and other natural foods, can keep us healthy, it should be the oil of choice in everyones kitchen.

Ancient healing knowledge now being verified by modern science shows olives/olive oil (universally recognized natural food) and its leaves are capable of helping to prevent heart disease and lower blood pressure. By eating olives/olive oil or olive leaves one can avoid the side effects of certain modern drugs like beta-blockers (a class of drugs frequently prescribed to manage high blood pressure) which has been shown to cause type 2 diabetes by decreasing insulin sensitivity.

People who eliminate oil from their diet for weight control reasons better think twice. [Editor's note: highlighting is mine.] The Mediterranean diet is noted for its liberal use of olive oil and/or olive leaf extract which can kill both microbes and viruses that modern medicine needs vaccines to fight. And keep in mind some modern day vaccines are preserved with mercury and other adjuvants that can cause other serious illness.

**Disclaimer:** Although some may be dyed in the wool health libertarians this article should not be taken as justification for completely excluding active intervention by the Medical Profession for hypertension control. Even if those professionals' medications or procedures have not worked well in the past or have previously completely failed to bring your pressure down. Previous failure should not mean you stop trying and completely avoid further intervention by these professionals if they are sincerely trying to use all

their knowledge to get things right. When a very serious condition is plummeting your health down hill very fast all avenues that may fix the problem should be kept on the table.

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