Olive Leaf – use and benefits as powerful herb
Olive Tea Plantations

Yamahisa olive tea plantation in Japan

The Comvita olive leaf farm, Australia
Olive fruit, oil and leaves have an ancient history of nutritional, medicinal and traditional usages. Olive products are an important part of the Mediterranean diet.

**Olive Tree as the “Tree of Life.”**

Olive (Olea europaea L.) fruit, oil and leaves have an ancient history of nutritional, medicinal and traditional uses. Olive products are an important part of the Mediterranean diet.

**Olive fruits and Olive oil**
Powerful antioxidant you can eat, drink or apply to your skin
- a traditional medicine whose therapeutic uses date back centuries
- one of the world’s most widely enjoyed foods can be added to make a zesty addition to salads, pizza, meat, poultry dishes

**Olive leaf**
Powerful antioxidant you can eat, drink or apply to your skin.
- a traditional medicinal herb whose therapeutic uses date back centuries
- can be used in many dishes in soup, can be added in smoothies, pasta, pancake, cakes, salads, jelly, ice-cream.

Early references to the olive leaf as medicine can be found in the Bible:
"The fruit there of shall be for meat, and the leaf there of for medicine."
(Ezekiel 47:12)
Olive Leaf

Bioactive components were found in leaves: oleuropein, hydroxytyrosol, verbascoside, rutin, and olive biophenols (OBPs)

Oleuropein content in olive leaves greater than in olive oil, olive fruit, bud and bark

Oleuropein is one of the active ingredients and this is where most of health benefits

Olive leaves can be use:

• internally
• externally

Healthy benefits

• antioxidant
• anti-inflammatory
• antimicrobial
• antitumor
• anticancer
• protection of cardiovascular disease
• antidiabetics
Olive leaf 400% more antioxidant than vitamin C and double the antioxidants of green tea
Olive leaf in Medicine

Olive leaf can be taken as:
- fresh leaves
- liquid concentrate
- dried leaf tea
- powder
- capsule

Olympic athletes at London 2012 used olive leaf extracts to maintain a healthy immune system.
Olive leaf extract for cough drops

Olive leaf in Medicine

[Images of olive leaf products]
Olive leaf tea is unique and tastes like nothing else

The fresh leaves can be chewed for inflammations
Olive leaf tea drink
Olive leaf drink iced version

Olive leaf tea (warm)
Olive leaf tea with milk (warm)
Olive leaf in a latte
Olivecappuccino
Olive leaf can be combined with other herbs/teas/supplements to create flavorful, healthful blends.
Natural remedy

Olive Leaf Tincture Herbal Remedy

Traditional Bach olive Flower Essence Remedy

It can quickly take someone from total & complete physical and or mental fatigue, exhaustion & weariness to strength, vitality, vigor, renewed interest & feeling energized.
Olive leaf with green tea can be use in many dishes

Olive leaf fresh (crushed) in omelettes
Olive leaf powder can be added in smoothies, pasta, pancake, cakes, bred, salads, jelly, ice-cream and others
Olive leaf juice as natural preservative in food industry
The test panel found an improvement of the oil quality when an amount of olive leaves (3 %) were added to the olive fruit.
Olive leaf benefits to animals

The research has been done on animals to investigate the theory behind thousands of years of traditional use in humans.

Olive leaf byproducts: olive leaves, olive leaves extract or cut and brought fresh to livestock after pruning use on animal nutrition and as medicine
• in growing pigs
• fed to livestock (cattle, sheep, goats, horses)
• medicine for cats, dogs
Olive leaf in soaps, cosmetic & dental

- Olive leaf face wash
- Acne face wash
- Soap with Olive Leaf Extract
- Powder and olive oil
- Olive Leaf Hand Lotion
• "Life consists not in living, but in enjoying health“ - Martial—Epigrams. Bk. VI.

• "Food should be your medicine and if you need medicine, take it from food” - Hippocrates (460-377 B.C.)

• “Naturally it is organically grown – better for us as the farmer, better for the environment and all us.”

• Food is the most important meal of the day. High-quality food is better for our health.
THANK YOU