

Olive Leaf(*Olea europaea*)
Common Name: Olive.

Location: Native to the Mediterranean regions.

Description: Olive is a small evergreen tree.

Properties: Throughout history, the use of its fruits and oil is well documented. Hippocrates, the Greek physician known as the “the father of medicine,” prescribed olive oil some 2500 years ago. In the early 1900’s, a bitter compound from the leaf was isolated and determined to be part of the olive tree’s powerful disease fighting properties. In 1962, researchers found that oleuropein, could lower blood pressure and increased blood flow.

Uses: Olive leaf extract is beneficial in treating conditions caused by virus, retrovirus, bacteria, or protozoa. The leaf appears to be a true antiviral compound. It has the ability to interfere with critical amino acid production for viruses. Olive leaf extract is also effective against antibiotic-resistant bacteria, yeast strains, and fungi that produce toxins that contribute to chronic fatigue and immune dysfunction syndromes. It is also effective against parasites, both protozoa and worms. People with chronic fatigue and fibromyalgia are often helped by olive leaf extract. The powerful antioxidant properties of the olive leaf help protect the heart and circulatory system from heart disease and high blood pressure. An olive oil extract can relieve symptoms of herpes. Yeast infection and *Candida albicans* symptoms are reduced by the leaf extract, with no apparent side effects. Benefits of olive leaf extract for specific health conditions include treatment of chronic fatigue syndrome and fibromyalgia, herpes virus, infection, yeast infection.

Doses: Dosage recommended is one or two capsules totaling 250 to 500 milligrams taken daily for preventative purposes. For treating symptoms: take three or more 500-milligram tablets every six hours.

Warnings: In some chronic cases, there may be a quick and somewhat adverse reaction called the detox reaction. As the body begins to purge, it may become overburdened. However, all the symptoms are actually a good sign that the extract is working.

Olive Leaf and Powder Profile

Also known as

Olea europaea, Italian Olive, and Olive.

Introduction

The olive is a small evergreen tree native to Mediterranean regions, but naturalized to climates as varied as those of Australia, California, and Texas. The well-known green to blue-black fruit of this tree yields a useful, edible oil. Both the oil and the dried green-grayish colored leaves are used in herbal medicine.

Constituents

Apigenin, choline, cinchonine, luteolin, mannitol, olivin, tannins.

Parts Used

Dried leaves and leaf fragments.

Typical Preparations

Traditionally used as a tea, sometimes available in tea bags; also used with great success in extracts and capsules.

Summary

Olive leaf teas have been used for thousands of years to lower fevers, and olive leaf poultices are among the oldest therapies for infections of the skin. Olive leaf is associated with a variety of modern medical claims, some of them backed up with scientific evidence: ^ˆ Antibacterial effects. Elenoic acid from olives is known to be antibacterial (killing both infectious and helpful bacteria), but the elenoic acid in olive leaf may be broken down in the process of making the tea. Olive leaf poultices may heal skin by encouraging circulation rather than by killing bacteria. ^ˆ Cardiovascular effects. Oleuropein in olive leaf and in olives may prevent LDL cholesterol from oxidizing into a form that can form atherosclerotic plaques. The chemical also lowers blood pressure, although only slightly (3 to 8 mm/Hg after 3 to 4 weeks? use). ^ˆ Diabetes. Olive leaf extracts have been shown in laboratory studies to lower blood sugars, but their use in treating diabetes in humans is not well documented.

Precautions

Olive leaf tea should be taken with meals. Safety of the herb during pregnancy has not been established.

Botanical: *Olea Europaea* (LINN.)

Family: N.O. Oleaceae

- [History](#)
- [Description](#)
- [Constituents](#)
- [Medicinal Action and Uses](#)
- [Dosage](#)
- [Adulterants](#)
- [Other Species](#)

---**Synonyms**---*Olea Oleaster*. *Olea lancifolia*. *Olea gallica*. Olivier.

---**Parts Used**---The oil of the fruit, leaves, bark.

---**Habitat**---Asia Minor and Syria. Cultivated in Mediterranean countries, Chile and Peru, and South Australia.

---**History**---The high position held by the Olive tree in ancient as in modern days may be realized when it is remembered that Moses exempted from military service men who would work at its

cultivation, and that in Scriptural and classical writings the oil is mentioned as a symbol of goodness and purity, and the tree as representing peace and happiness. The oil, in addition to its wide use in diet, was burnt in the sacred lamps of temples, while the victor in the Olympic games was crowned with its leaves.

---**Description**---*Olea europaea* is a small, ever green tree, averaging 20 feet or more in height. It has many thin branches with opposite branchlets and shortly-stalked, opposite, lanceolate leaves about 2 1/4 inches long, acute, entire and smooth, pale green above and silvery below. The bark is pale grey and the flowers numerous, small and creamy white in colour.

The dark purple fruit is a drupe about 3/4 inch long, ovoid and often pointed, the fleshy part filled with oil. The thick, bony stone has a blunt keel down one side. It contains a single seed.

Being hardier than the lemon, the Olive may sometimes produce fruit in England. The largest of the varieties under cultivation is produced in Spain, but probably Italy prepares most oil, the annual average being 33 million gallons.

The beautifully-veined wood not only takes a fine polish, but is faintly fragrant, and is much valued for small cabinet-work. It was in olden days carved into statues of gods.

For use as a dessert fruit the unripe olives are steeped in water to reduce their bitterness. *Olives à la Picholine* are steeped in a solution of lime and wood ashes. They are bottled in an aromatic solution of salt.

In warm countries the bark exudes a substance called *Gomme d'Olivier*, which was formerly used in medicine as a vulnerary.

The large 'Queen Olives' grown near Cadiz are chiefly exported to the United States; the smaller 'Manzanillo' is principally consumed in Spain and Spanish America.

The trees bear fruit in their second year; in their sixth will repay cultivation, and continue as a source of wealth even when old and hollow, though the crop varies greatly from year to year.

The groves are cut until the beauty of the trees is lost.

The ripe fruits are pressed to extract the oil, the methods varying in the different countries.

Virgin Oil, greenish in tint, is obtained by pressing crushed fruit in coarse bags and skimming the oil from the tubs of water through which it is conducted. The cake left in the bags is broken up, moistened, and repressed. Sometimes the fruit is allowed to reach fermenting point before pressure, the quantity of oil being increased and the quality lessened. The product is called *Huile fermentée*.

Huile ordinaire is made by expression and mixture with boiling water.

Provence oil is the most valued and the most refined.

Official Olive *soap* is made from olive oil and sodium hydroxide.

[\[Top\]](#)

---**Constituents**---The exuding *gum-resin* contains benzoic acid and olivile. Mannite is found in the green leaves and unripe fruit. The oil, *Oleum Olivece*, non-drying, fixed, solidifies on treatment with nitrous acid or mercuric nitrate, is slightly soluble in alcohol, miscible with ether, chloroform or carbon disulphide. The specific gravity is 0.910 to 0.915 at 25 degrees C. or 77 degrees F. It is pale yellow or greenish-yellow, with a faint odour and bland taste, becoming slightly acrid. At a lower temperature than 10 degrees C. or 50 degrees F. it may become a soft, granular mass. Tripalmitin crystallizes and

the remaining fluid is chiefly triolein. There are also arachidic esters and a little free oleic acid.

---Medicinal Action and Uses---The leaves are astringent and antiseptic. Internally, a decoction of 2 handfuls boiled in a quart of water until reduced to half a pint has been used in the Levant in obstinate fevers. Both leaves and bark have valuable febrifugal qualities.

The *oil* is a nourishing demulcent and laxative. Externally, it relieves pruritis, the effects of stings or burns, and is a good vehicle for liniments. With alcohol it is a good hair-tonic. As a lubricant it is valuable in skin, muscular, joint, kidney and chest complaints, or abdominal chill, typhoid and scarlet fevers, plague and dropsies. Delicate babies absorb its nourishing properties well through the skin. Its value in worms or gallstones is uncertain.

Internally, it is a laxative and disperser of acids, and a mechanical antidote to irritant poisons. It is often used in enemas. It is the best fat for cooking, and a valuable article of diet for both sick and healthy of all ages. It can easily be taken with milk, orange or lemon juice, etc.

---Dosage---As a laxative, 1 to 2 fluid ounces.

---Adulterants---Cotton-seed, rape, sesame, arachis and poppy-seed oils are the many adulterants found, and several official chemical tests are practised for their detection.

---Other Species---The flowers of *Olea fragrans* or Lanhua give its odour to the famous Chulan or Schoulang tea of China.