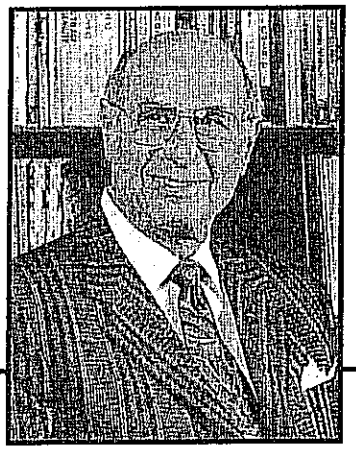

Medical Journalist Report of Innovative Biologics

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Harvesting Olive Leaf Antimicrobials and the Infectious Diseases They Act Against

The information presented is taken from Chapter Four of the $5.99 mass market paperback issued in 1997 by the Kensington Publishing Corporation, Nature's Antibiotic: Olive Leaf Extract, *authored by Morton Walker, DPM. This book was the best selling paperback distributed to United States and Canadian health food stores throughout 1998 by NutriBooks, Inc. Every distributor of olive leaf extract confirms that Dr. Walker's book built their industry and established the antimicrobial attributes of the commercial product.*

What you are about to read regarding the harvesting and antimicrobial applications of olive leaf extract is exceedingly important, because the natural extracted leaf product works so well to overcome every type of pathological infection. Also it offers information revealed for the first time about the antifungal/antiviral agent useful as treatment for hormonal cancers.

From his olive leaf extract distribution base in the Southern California town of Fallbrook, agriculturist and herbalist Richard Hall harvests olive leaves for processing them into olive leaf extract. "The leaves are harvested only from manzanillo or mission green olive trees as they contain more of the valuable phytochemicals necessary for the most potent extract," says Mr. Hall. "The grove selection plays an important part in assuring that the olive trees are not sprayed with harmful chemicals that might enter a person's body or alter the extract in any way. To assure that no harm comes to the leaves, we only harvest them gently by hand, using specially designed gloves."

Olive Leaf Extract May Become Less Potent

Other, less careful methods of harvesting produce splits, cuts, and other breakage of the olive leaves which begin decaying almost at once and result in loss of medicinal properties. The olive leaves for the American olive leaf concentrate are harvested from thousands of acres of olive groves located throughout the southern part of California. Because olive leaves resist letting go of their hold on growth and life, some pickers in countries along the Mediterranean Sea actually beat the leaves off branches with long sticks. These leaves invariably are damaged and become less potent medicinally.

In Tunisia, the olives and leaves are picked using the pointed horns of a young goat. The last three inches of the kid's horns are sawed off so that three fingers of the worker's hand may be slipped into the hollow and curved tips. The leaf and olive picker claws the olive tree branches to cause fruit and leaves to fall into waiting baskets below. Such clawing may produce damage to the product's surface too, which, if present, allows for oxidation along the leaf line. To prevent such damage, any such picking technique is avoided by the responsible manufacturer/processor when considering the use of leaves imported from abroad for turning them into olive leaf extract.[1]

"How long olive leaves dry is important for acquiring the most potent extract; therefore, my workers' method of harvesting includes starting the drying process the same day our California leaves are picked to avoid decay," advises Richard Hall. "I have the leaf pickers use commercial drying in order to control temperatures for the correct number of degrees, thus locking in potency immediately. The American olive leaf product stays freshest that way."

How Olive Leaves Change with their Environment

Leaves on the olive trees frequently reshape themselves to accommodate alterations of their environment. Minute hairs growing around each leaf's pores on its underside is a veritable weather station. During dry periods, the leaf will curl inward to reduce its loss of moisture and appear its typical olive green in color. When rainfall is abundant, the leaf lays itself open and flat and the whole tree looks silvery because of the leaves' undersides showing.

Each olive tree is attacked by numbers of pests, but it does a good job of protecting itself against the varieties that attack it. The key for such protection is that a tree craves sufficient room to grow amidst unpolluted air, warm temperatures, bright sunlight, and aerated soil around the roots. A grower of olive trees who provides such ideal conditions will own green riches in the form of abundant fruit (olives), flowing oil from such fruit, and leaves that kill germs and pests of all types.

If you pass through a grove of olive trees, you might look for the following pests: (a) the bug-eyed olive fly, *Dacus*, which looks like the common housefly, has three stripes on its chest and sets of lace-patterned wings; (b) the black scale bug,

occus, shows an H-shape on her back, making this insect appear as a peppercorn affixed to a twig; (c) a bud-eating moth, the *Prays oleae*, also likes to eat the olive tree's flowers; (d) appearing like "no seeums" common to the Caribbean islands, the *Liothrips oleae*, also are flying insects too tiny to see, which attempt to foul the olives and curl the leaves; and (e) a small black beetle, the *Phloetribus scarabaeoides*, trying to bore into the wood of the olive tree's branches. Any of these pests are plentiful around trees which lack space, sun, moisture, warmth, and air. Olive trees that grow in ideal conditions have no pests at all or much fewer numbers of them. These are the trees in California from which leaves are harvested for the making of olive leaf extract.[2]

Olive trees are among the world's oldest living species of plant. Some old giant trees along the Mediterranean coast, in Europe or in North Africa, range from 300 to 800 years old. Most olive tree cultivators agree that the best fruit comes from trees less than eighty years of age, especially if the old wood is pruned away. Such trees produce the finest olive oil.

The olive tree, *Olea europaea* (one of the Oleaceae family of trees), is resistant in nature to insect and microbe attack for another reason that's significant for one's use of olive leaf extract. Immunity to microbial invasion has been bestowed upon the olive tree because of its high concentration of certain biochemicals, the *seco-iridoid glycosides*, which occur predominantly in the Oleaceae family. These glycosides are deadly to microorganisms.[3]

The plant's resistance can also be attributed to a large amount of oleanolic acid on and in the foliage that acts as a barrier to microbial invasion. In the presence of oleanolic acid and its hydrolysis products, microbes cannot grow. They are inhibited and become dormant or die.[4] ➤

Table 1

Infectious Diseases (Listed Alphabetically) for Which Olive Leaf Extract Acts as an Antimicrobial Agent[5-29]

- AIDS (Acquired Immunodeficiency Syndrome)
- Amoebiasis
- Anthrax
- Athlete's Foot (Tinea Pedis)
- Bladder Infection (Urinary Tract Infection)
- Botulism
- California Encephalitis (CE)
- Campylobacter (Campylobacteriosis)
- Cat-Scratch Disease
- Chancroid
- Chicken Pox (Varicella)
- Chlamydia
- Chlamydial Pneumonia
- Cholera
- Clostridium Perfringens Infection
- CMV (Cytomegalovirus) Infection
- Colds
- Cold Sores (Herpes Simplex I)
- Conjunctivitis (Pink Eye)
- Crabs (Pediculosis Pubis)
- Croup
- Cryptosporidiosis
- Cytomegalovirus (CMV)
- Diarrheal Diseases
- Diphtheria
- Ear Infection (Otitis Media)
- Eastern Equine Encephalitis (EEE)
- Ebola Sudan Virus Infection
- Ebola Zaire Virus Infection
- E. Coli 0157:H7 (*Escherichia coli*) Hemorrhagic Colitis
- Encephalitis
- Epstein-Barr Virus (EBV) Infection
- Fifth Disease (Erythema Infectiosum)
- Flu (Influenza)
- Food-Borne Illnesses (Food Poisoning)
- Gastric Ulcers (*Helicobacter pylori*)
- Gastroenteritis (Travelers' Diarrhea)
- Genital Herpes (Herpes Simplex II)
- Genital Warts (Human Papillomavirus, HPV)
- German Measles (Rubella)
- Giardia (Giardiasis)
- Gonorrhea
- Group B Strep Disease
- Hand, Foot, and Mouth Syndrome (Disease)
- Hantavirus Pulmonary Syndrome (HPS)
- Head Lice
- Hepatitis
- Hepatitis A
- Hepatitis B
- Hepatitis C
- Herpes Zoster (Shingles)
- H. Flu Meningitis or Hib (Haemophilus Influenzae Meningitis)
- HIV (Human Immunodeficiency Virus)
- Impetigo
- Japanese Encephalitis (JE)
- Jock Itch (Tinea Cruris)
- Legionnaires' Disease
- Leprosy (Hansen's Disease)
- Leptospirosis
- Listeria (Listeriosis)
- Lockjaw (Tetanus)
- Lyme Disease
- Lymphocytic Leukemia from Human Acute Leukemia/Lymphoma Virus
- Malaria
- Marburg (Monkey) Virus [*Rhabdovirus simiae*]
- Measles (Rubeola)
- Meningitis, Bacterial
- Meningitis, Viral
- Meningococcal Meningitis
- Mono (Infectious Mononucleosis)
- Mumps
- Mycoplasma Pneumonia
- Newcastle Disease
- Norwalk Agent
- Parrot Fever (Psittacosis)
- Pasteurella (Pasteurellosis
- PID (Pelvic Inflammatory Disease)
- Pink Eye (Conjunctivitis)
- Pinworm (Enterobiasis)
- Plague
- Pneumococcal Meningitis
- Pneumonia, Broncho, Lobal, or Segmental
- Pneumonia, Bacterial
- Pneumonia, Chlamydial
- Pneumonia, Mycoplasmal
- Pneumonia, Viral
- Polio (Poliomyelitis)
- Pork Tapeworm (Taeniasis)
- Q Fever (Query Fever)
- Rabies
- Rat-Bite Fever
- Rheumatic Fever
- Ringworm (Tinea), of Scalp (Tinea Capitis), of Body (Tinea Corporis)
- Rocky Mountain Spotted Fever
- Roseola (Exanthem Subitem)
- Retrovirus Infection
- Rotavirus Diarrhea
- Roundworm (Toxocariasis)
- RSV (Respiratory Syncytial Virus)
- St. Louis Encephalitis (SLE)
- Salmonella (Salmonellosis)
- Scabies
- Scarlet Fever (Scarlatina)
- Sexually Transmitted Diseases
- Shigella (Shigellosis)
- Shingles (Herpes Zoster)
- Smallpox (Variola)
- Staphylococcal Food Poisoning
- Strep Throat
- Syphilis
- TB (Tuberculosis)
- The Yeast Syndrome (Polysystemic Chronic Candidiasis)
- Thrush (Oral Candidiasis)
- Toxic Shock Syndrome (TSS)
- Toxoplasmosis
- Trich (Trichomoniasis)
- Trichinosis (Trichinellosis)
- Tuberculosis (TB)
- Typhoid Fever
- Urinary Tract Infection (Bladder Infection)
- Vaginal Yeast Infection
- Vaginitis (Vaginosis)
- Vincent's Infection
- Warts
- Whooping Cough (Pertussis)
- Yellow Fever
- Yersinia (Yersiniosis)

Olive Leaf Extract

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The Onset of Modern Medicinal Uses for Olive Leaves

Knowledge of the medicinal properties of the olive leaf dates back to the early 1800s, when pulverized leaves were used in a green drink to lower high fevers. A couple of decades later, green olive leaves were taken again in liquid form as a treatment for malarial infections. But it wasn't until 1995 that the actual individual therapeutic component, elenolic acid with its salt, calcium elenolate, in olive leaves was uncovered by a United States manufacturer. This discovery now provides the public with a highly effective food supplement which acts as a true illness preventive measure.

It works to stop the onset of such health problems as colds and other viral diseases, fungal, mold, and yeast invasions of many kinds, bacterial infections both minor and major, and protozoan parasitic infestations. Used by itself in a high enough dose, the olive leaf extract will expel flukes and other worms invading humans and animals. More than prevention, olive leaf extract offers a new safe and effective therapeutic modality in the ongoing battle against active disease processes.

Below, in Table 1, (for the first time anywhere), you are provided with an alphabetical listing of at least 120 infectious diseases for which olive leaf extract acts effectively as an antimicrobial agent. The listing is taken from numerous published medical sources and from the clinical experiences of currently practicing health professionals who utilize olive leaf extract as part of their armamentarium for patients with internal and external infections, skin diseases, cardiovascular diseases, connective tissue difficulties, and other disorders. Most of all, olive leaf extract is efficacious against infectious diseases, as shown in the side bar of Table 1.

Olive Leaf Extract Cures Diseases Worldwide

Corresponding with me from Budapest, Hungary, Robert Lyons, OMD, MS, Medical Director of The Robert Lyons Clinic, uses acupuncture and herbology for the welfare of his patients. Working with Dr. Lyons are 40 holistic-type health professional volunteers from the United States. Originally Hungarian-born, these conventionally trained medical doctors and numbers of other practitioners from health care professions (chiropractors, naturopaths, homeopaths, nurse practitioners, acupuncturists, podiatrists, dentists, craniologists, herbalists, etc.), have returned at least temporarily to offer their medical services to citizens of their homeland. At the same time they are learning about natural healing agents rather than using synthetic drugs. The Robert Lyons Clinic personnel have divided their clinic's hours (8:00 a.m. to 10:00 p.m.) into two shifts in order to deliver really innovative techniques of treatment that are entirely foreign to Central Europe.

Among the medical alternatives The Robert Lyons Clinic employs is the new and potent but completely safe antimicrobial agent that's a crystalline concentrate of the olive leaf. As a result of the amazing success experienced throughout Hungary from use of olive leaf extract against all types of infections, the Hungarian Government has adopted this over-the-counter herbal, food supplement for its Medicare system as the official anti-infectious disease remedy. It has replaced antibiotics. The cost is so much lower than any prescription drug against infection that the remedy is considered a great boon, a true advancement in health care. Under contracts, large quantities of olive leaf extract now are being processed, encapsulated, and distributed to Hungary by United States manufacturers.

Recently other countries, namely Poland, the Czech Republic, Slovakia, Romania, and nearly all of the recently divided countries of Yugoslavia, plus Russia, Germany and Italy are investigating the efficacy of olive leaf extract. While my book, *Nature's Antibiotic: Olive Leaf Extract*, was being edited, queries came in from book distributors in each of the named nations asking for the cost of foreign translation rights in Hungarian, German, Italian, etc.

Case Reports of Hungarian Patients

"My staff and I use many herbal methods of Traditional Chinese Medicine," said Robert Lyons, OMD (doctor of Oriental medicine). "We have carried out a clinical study on 500 patients using the olive leaf herbal remedy. We followed the American manufacturer's instructions when administering the olive leaf concentrate. We dispensed the olive leaf in capsule form and started our patients at a dosage of two capsules three times daily – totalling six capsules per day."

Dr. Lyons reported on his cases from Budapest during my followup telephone interview. (At a later time as reported below, I visited Budapest and spoke with him in person). "Each capsule provides 500 milligrams (mg) of concentrated natural plant extract. When our patients experienced a reduction in their symptoms we lowered their extract dose to one capsule four times daily," he said.

"These people under treatment responded remarkably well against a variety of microorganisms including many types of viruses, bacteria, yeast and other fungi. No patients were treated for parasites, but I suspect that olive leaf extract would be effective for those cases of protozoa and helminths, too. The product was incredibly effective against respiratory diseases of bacterial origin such as tonsilitis, pharangitis, and tracheitis; it improved patients suffering from gastric/duodenal ulcers caused by *Helicobacter pylori*; and it worked just great against viral diseases such as the herpes infections," Dr. Lyons said.

"To illustrate my point, let me tell you of one of my patients, a homemaker, age forty-three, the mother of two teenagers. She had been suffering severely for four years with herpes lesions around her mouth from *Herpes simplex 1*. Also, she was terribly uncomfortable from the invasion of *Herpes genitalis* brought home by her sexually-wandering husband. And she additionally felt great pain from a ring of shingles around her waist caused by *Herpes zoster*. "In just seven days," continued Dr. Lyons, "the same dosage of olive leaf crystalline concentrate that I had administered for her shingles lesions – two capsules thrice daily – cleared up all three herpes infections simultaneously. The lesions for each problem disappeared quickly. This woman reported having no more shingles pain because of the disappearance of viral blisters. There wasn't any more discomfort around the vagina, and her oral lesions went away. No further signs of herpes of any kind have been apparent for my patient now for over a year," the Hungarian health professional advised.

Dr. Lyons Is Successful Treating the Yeast Syndrome

"Another patient of mine, a 50-year-old registered nurse with diabetes mellitus who works in Budapest's most reputable hospital, was exhibiting the typical yeast syndrome symptoms produced by *Candida albicans* overgrowth," added Dr. Lyons. "This nurse's polysystemic chronic candidiasis had arisen as

one result of her long-standing pancreatic dysfunction. Despite receiving the best of care, the hospital's physicians could do nothing for her generalized yeast condition. Except for local therapy administered to relieve her vaginal itching and discharge, they failed to recognize that her signs and symptoms came from a systemic fungal disease lodged in the gut.

"The nurse sought help at our Budapest clinic when finally her candidiasis spread to the mouth as oral thrush," Dr. Lyons explained. "She had heard of our alternative methods of healing. So, from her pain, low grade fever, night sweats, weakness, and even more difficulties, she consented to follow our clinic's medically innovative route. Having experienced excellent patient responses against the yeast syndrome with applications of olive leaf extract previously, we went directly to that remedy for this nurse.

"What happened? After my patient took the olive leaf extract for four weeks, the yeast syndrome was completely gone from her body. But it didn't end there for me. At a hospital seminar conducted for physicians and nurses, this same young woman stood up and described with much emotion and many tears of joy how she was finally rid of the itching, burning, pain, lethargy, and other discomforts of yeast vaginitis and generalized candidiasis," Dr. Lyons confirmed. "I was sitting in the audience. When my health professional peers turned to look at me as some kind of medical hero, I felt an incredible feeling of pride. They wanted to know how I managed the successful treatment. So I told them about olive leaf extract for curing the yeast syndrome."

This doctor of Oriental medicine went on to chart the progress of his administration of olive leaf extract to all 500 clinical patients in his single-blind study. The Hungarians, with their variety of diseases, not knowing what remedy they were being dispensed, followed directions and took the Lyon Clinic's grey/green-colored gelatin capsules as if they were vitamins. Dr. Robert Lyon was highly gratified by the remedy's beneficial therapeutic effects. Table 2 shows results he experienced from use of olive leaf extract, which he and his colleagues consider a highly successful clinical study.

Olive leaf extract, this natural crystalline concentrate, has undergone much investigation, and has been produced as bulk powder, liquid, tablets, tincture, tea, nasal spray, and more. Now, after 145 years of experimentation, it's finally been prepared as a gelatin capsule for oral administration. As mentioned, the product is being dispensed to patients attending private clinics and hospitals throughout nearly all the Baltic States. The Hungarian Government has made olive leaf extract a standard treatment for infections in its national health insurance (medicare) program. Now the Hungarian oncology community is applying the product as a treatment for hormonal cancers. ➤

Table 2
A Clinical Investigation by The Robert Lyons Clinic of Budapest, Hungary
Robert Lyons, OMD, MS, as the Chief Investigator

Results from the Use of Olive Leaf Extract Against Pathological Organisms — Viruses, Bacteria, & Fungi

Disease Entities	# of Patients	Fully Recovered	Improved	Unchanged	Deteriorated
Respiratory diseases (tonsilitis, pharyngitis, tracheitis, etc.)	119	115	4	none	none
Lung conditions (pneumonia, bronchitis, etc.)	45	42	2	none	none
Dental problems (pulpitis, leukoplakia, stomatitis)	67	60	5	2	none
Skin conditions (herpes and other viral skin problems)	172	120	52	none	none
Bacterial skin infections (pyoderma, injuries)	37	30	7	none	none
Ulcer disease (while experiencing *Helicobacter pylori* infection)	17	none	17	none	none
Strengthened Immunity	43	N.A.	40	3	none

From the above results, The Clinic's conclusions are:
1. The rate of improvement and recovery from all bacterial and viral infections was approximately 98%.
2. For all patients involved in this clinical study, the body's immune system was strengthened.
3. Including children and adolescents among the tested patients, none experienced any adverse side effects.

Characteristics of the study's patients —
- Gender: 58 % women, 42 % men
- Ages: 10 to 20 years: 12
  20 to 30 years: 117
  30 to 40 years: 143
  40 to 50 years: 181
  50 and over: 47
  Number of patients: 500

Olive Leaf Extract

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Olive Leaf Treatment of *Candida guilliermondii* Benefits Cancer

For the first time any place, a limited amount of information is being furnished here which mentions the treatment of hormonally-based cancers derived from a yeast-related fungus, *Candida guilliermondii*. The fungus gives off a toxic substance known as canditoxin which is characteristic of most Candida yeast strains.

For three days in May 1998, I visited with the chief of service of the Department of Obstetrics and Gynaecology at the Budapest City Hospital in Budapest, Hungary. Also affiliated with the Department of Obstetrics and Gynaecology at Semmelweiss Medical University in Budapest, this clinical researcher is oncological gynecologist Eric Bottyan, MD. Dr. Bottyan showed me how he successfully reduces elevated Pap smear category readings for women who are at high risk of having cervical cancer and other types of hormonally-based cancers.

In the development of cervical cancer, cervical cells go through a series of changes, from normal to abnormal (dysplasia) to precancerous (carcinoma in situ). Abnormal changes in a woman's cervical tissue may be detected by a screening test known as the *Pap smear* (Papanicolaou test). This is a simple method of examining tissue cells shed by the cervix and other body organs. A smear is taken by collecting a few loose cells in the vagina. The findings are grouped into: (a) Class I, wherein only normal cells are observed by the examiner; (b) Class II, observed are cells linked to swelling; (c) Class III, seen are mildly abnormal cells (dysplasia); (d) Class IV, present is severe dysplasia showing suspicious cells for cancer; (e) Class V, cancer carcinoma cells definitely are seen by the examiner.

Using olive leaf extract as the only therapy administered, Dr. Eric Bottyan has reduced Pap smears from Class V down to Class II. In effect, he has eliminated the signs and symptoms of cervical, uterine, ovarian, and breast cancers not by treating the women's tumors themselves, but by killing or sharply inhibiting the growth of each patient's fungus infection arising from the invasion of a specific yeast organism, *Candida guilliermondii* var *guilliermondii*. (In the medical literature, *Candida guilliermondii* var. *guilliermondii* is abbreviated as C.g.)

C.g. is a pathogenic yeast which produces abnormal tissue growth in humans by means of cellular mitogenesis.[30] Its pathological process causes mainly systemic mycoses and the serological method is used as the means of diagnosis.[31] The antigen produced and the precipitation method developed by the two mycogists, Sutka and Sutka, enable a rapid indentification of the organism.[32,33] By spreading its canditoxins, this pathological yeast promotes growth of the existing human papilloma virus (HPV) and the development of hormonal cancers.

Reported here by my interviews with the gynecological/oncological researcher during visits to Budapest, cervical cancer has been documented by Dr. Eric Bottyan as being eliminated by the administration of olive leaf extract.

The antifungal treatment with olive leaf extract was given to patients in two ways: Topically by direct application to the vaginal vault, especially around the cervical area, and orally, by capsules or tablets containing olive leaf extract. When the fungal invasion disappeared, the patient's hormonal cancer was eliminated as well. The information reported here is as much medical research as I was able to establish during my three-day visit to Budapest.

Other countries are considering adopting the product as their official antimicrobial medicare remedy. Not a great number of health professionals, outside the holistic medical community in North America (who use natural healing products rather than drugs for the treatment of diseases), are aware of the benefits accruing from the use of olive leaf extract. By just reading this article, you are likely to know more than before and may want to investigate olive leaf extract as a potential treatment for hormonal cancers.

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