

OLIVE LEAF EXTRACT

“Nature’s Secret” for Vibrant Health and Long Life

*Gourmet
Herbalist*

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After the flood of Noah had subsided, what did the dove bring to the ark as a sign from God? From Genesis 8:11—“And the dove came in to him in the evening; and lo, in her mouth, was an olive leaf plucked off. So he knew that the waters were abated from off the earth.”

Scripture has far more to say about the olive, its fruit, oil, wood, and leaves, than any other herb or tree. Olive oil was part of the special ointment used to anoint priests and kings. Solomon crafted the two cherubim who were to guard the Ark of the Covenant in the Temple’s Holiest place from olive wood.

Christ often retreated to the Mount of Olives with his disciples to teach and pray. Some think that the very olive trees under which he prayed are still alive and healthy today. In fact, the name of the Garden of Gethsemane comes from the Hebrew *Gatshamanim*, which literally translates as “oil press.”

Early Judeo-Christian legend holds that Adam, on his deathbed, asked for the oil of mercy, which the Lord had given him for his own and all people’s redemption. He sent his son Seth to the angel that guarded the Garden of Eden. The angel gave Seth three seeds from the tree of knowledge, out of which grew a cedar, cypress, and olive tree. The Jews declared the miracle of Hanukkah because their eternal flame flickered for eight days on empty. Their fuel was olive oil.

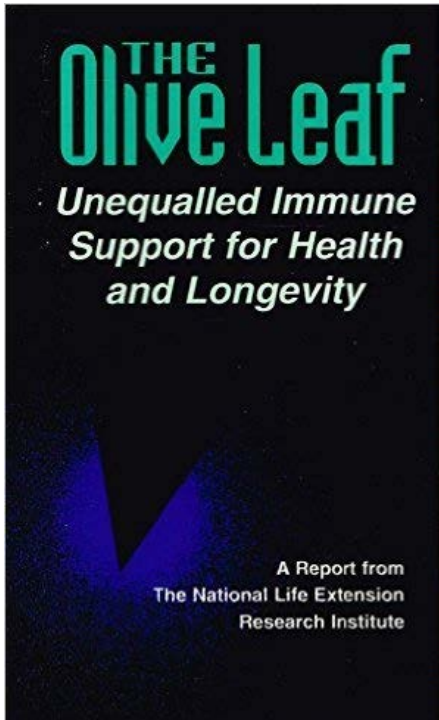
It was a capital offense in Greece to kill or cut down an olive tree. Also, at one time in Greece, only virgins or chaste young men were allowed to harvest from the trees.

Throughout early ages, tea made from olive leaves has been a popular folk remedy for combatting fevers. From as early as 1827, medical reports state that a tea made from olive leaves helped the worst cases of malaria. It was found to be far superior to quinine, the recommended treatment of the time.

Today, the health benefits of olive oil and tinctures and extracts made from its leaves continue to be extolled by both herbalists and medical science alike. Early in this century, the bitter compound was isolated from the olive leaf. This phytochemical, called *oleuropein*, provides the olive tree with vast disease-resistant properties. It is credited with the olive tree’s ability to live for thousands of years. It protects the tree against nearly every disease.

While olive leaf extract isn’t a cure-all, it may help with your goals for weight loss, improved health, and boosted immunity. It is a significant natural source of wellness with therapeutic properties that include:

- **Gastroprotective** (protects digestive system)
- **Neuroprotective** (protects central nervous system)



- **Antimicrobial** (inhibits microorganism growth)
- **Anticancer** (reduces risk of cancer)
- **Anti-inflammatory** (reduces risk of inflammation)
- **Antinociceptive** (reduces pain stimuli)
- **Antioxidant** (prevents oxidation or cell damage)

Olive leaf extract may help with heart health, and herpes breakouts, and much more. You can get olive leaves and make your own tea. The tincture and extracts can be found at your local health food store. ■

Send inquiries to Dr. Marlenea La Shomb by email to jumpstart-ourhealth@gmail.com. Marlenea passionately works as a health coach and writer for all who are ready to find harmony and balance in body, mind, and soul through natural therapies and education.

Gemstone Essence of the Month



GARNET (JANUARY)—Increases one's ability to inhabit the physical body, especially parts that have been traumatized or disrupted by injury or surgery, so one can draw in the forces to complete healing.




AMETHYST (FEBRUARY)—Helps us create balance between our physical reality, and our spiritual potential. Promotes the lifting of perception from the overly material state, helps us bring the highest aspects of our spirituality into physical form.

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Denis Ouellette, LMT



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BETTER SLEEP & MENTAL & EMOTIONAL WELL-BEING!
 with **MORINGA PLANT**
 Following the **SEROTONIN PATHWAY: from Tryptophan ...to Serotonin...to Melatonin!**



HEATH LEDGER died from an accidental overdose of **pain-killers, antidepressants & sleeping pills**. All of these problems can be addressed nutritionally. Following the serotonin pathway, through

superfoods like the **MORINGA**, could be a safer alternative.

Serotonin's function in the brain can be elevated in the way nature intended, by providing more of its precursor in our diet. **Tryptophan** occurs naturally in foods and in its highest levels in the leaves of the **Moringa oleifera**. With all of this tree's many blessings, this is one of its **most important contributions for all of us who deal with stress**. Increasing your Serotonin through diet is a far superior way of balancing mood and sleep without the side effects and hazards of drugs.

—Jon Zwyer, CMT

Tryptophan is an essential amino acid (i.e., you must get it from food) required for the production of serotonin (the neurotransmitter involved in relaxation and sleep). Tryptophan helps to control depression and insomnia, alleviates stress, eases pain, and combats inflammation. It is the **rarest of all amino acids** and yet, we all need extra Tryptophan sometimes! **Moringa** is an excellent plant source. [Its concentration in the leaves is almost twice that of soy.]

— **Monica Marcu, Ph.D., author, "Moringa: The Miracle Tree"**

TO ORDER
Moringa Super Mix ~ \$3/day
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