

Olive/Olive Leaf

Botanical: Western – *Olea europaea*. Eastern – *Olea canarium*, *Fructus Canarii*.
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Olive leaves, olive oil, and olives have an ancient and sacred history as a food, medicine and symbol of purity, peace and abundance. Recent research suggests that olive leaves may be a true antiviral with compounds that selectively block an entire virus-specific system not addressed by pharmaceutical antivirals.

Western



Western Name: Olive/Olive Leaf

Also Known As: N/A

Main Systems: Immune System, Lungs, Heart

Key Actions: Astringent, Antiseptic, Febrifugal, Antioxidant, Antiviral, Stomachic, Neuroprotective, Anticancer, Antidiabetic, Antibacterial, Antifungal, Antiparasitic, Anti-inflammatory

Key Medicinal Uses: Increases energy, maintains healthy blood pressure, supports immune and cardiovascular systems. Colds, candida, meningitis, Epstein-Bar virus, herpes I and II, shingles, chronic fatigue, hepatitis B, tuberculosis, gonorrhea, HIV/AIDS, "blood poisoning," malaria, UTIs.

Eastern



Pin Yin: Qing Guo

Also Known As: Gan Lan, Huang Lan Bai Lan

Main Meridians: Lung, Stomach

Key Actions: Clears Lungs, Disperses Heat, Counteracts Toxicity, Moistens Skin

Key Medicinal Uses: Sore throat, promotes saliva production, dry skin, malaise, cleanses the digestive system. Used to treat epilepsy, dysentery, and alcoholism. Tuberculosis, colds, flu, pneumonia, herpes, malaria, hay fever, poor appetite, urinary tract infections (UTIs).



BASIC HABITAT/BOTANY: Olive is a species of small evergreen trees or shrubs in the Oleaceae family. The olive's fruit, is also called olive. Silvery green leaves are oblong and the trunk is typically gnarled and twisted. The olive tree gives its name to the plant family (Oleaceae) that includes lilacs, jasmine and forsythia.

Native to Asia Minor, Syria, the Mediterranean, and Africa the trees are now cultivated in many countries around the world.

KEY CONSTITUENTS: Secoiridoids (including: Oleuropein and Tyrosol,), Hydroxytyrosol, Polyphenols, Triterpenes (including Oleanolic acid), Flavonoids, Monounsaturated Fats.

PARTS MOST FREQUENTLY USED: Leaf, Fruit (Olive), Oil

FLAVORS/TEMPS: Olive Oil and Olives – Sweet, Sour, Bitter, Neutral. Olive Leaf – Bitter, Slightly Sweet, Astringent, Slightly Cooling.

CAUTION: Olive Oil and Olives – None noted. Olive Leaf is safe to use but in incorrect doses may cause stomach upset or headaches.

HISTORY/FOLKLORE: In the 1800's the leaves were crushed and used in a drink to lower fevers. Olive tea was used to treat malaria. The constituent oleuropein is showing signs in research for lowering blood pressure and increasing blood flow to coronary arteries. The active ingredient in olive leaves is oleuropein. It is often extracted from olive oil and olives. It is highly bitter and has powerful anti-inflammatory and antioxidant properties.



FUN FACT!



The Sacred Power of the Olive Tree

Leafy branches were found in Tutankhamun's tomb.



Good Fat

Olive oil is considered one of the "good" fats among plant oils. It is the highest in monounsaturated fat, and is therefore not carcinogenic.



Bitter

Olives are very bitter, so they must be cured and fermented to remove the oleuropein compound that makes them bitter. However, it is this compound that makes olive leaves especially potent as a medicine.

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