

# Good Health, Long Life

The Mediterranean diet is associated with good health and long life. It is high in fresh fruit and vegetables and has real protective effects against a range of lifestyle diseases. Research indicates that is partly linked to the high intake of olives and olive oil.

Extra virgin olive oil is particularly well known for its heart health benefits.

However more recent research on another part of the olive tree – a fresh extract from the leaves, indicates that they also have amazing health benefits. This research has shown that olive leaf extract has up to 40 times more antioxidants than extra virgin olive oil<sup>1</sup> and is 400% higher in antioxidants than vitamin C<sup>2</sup>. This antioxidant bonanza is due to the high concentration of

## NATURAL COFFEE BREAK

For your next coffee break try Symingtons Dandelion Herbal Tea. Made from specially farmed dandelions, they are first air-dried then roasted and ground. An extract is then created to produce the convenient soluble granules.

### Try this tasty Symingtons Dandelion drink recipe:

Dissolve a heaped teaspoon of Symingtons Dandelion Herbal tea in a small amount of hot water. Heat a cup of your favourite milk add a teaspoon of honey or maple syrup and using a milk frother/whisk combine the hot milk and sweetener. Pour over the dissolved graduals, sprinkle with a little ground cinnamon or nutmeg and enjoy!



## OLIVE LEAF EXTRACT

- Very high in antioxidants
- Protects against some viruses, bacteria, yeast & fungi
- Beneficial to blood pressure & as an anti-inflammatory

a compound called oleuropein, found in the leaves. This polyphenolic antioxidant and its derivatives have been shown to have an effect on a variety of health conditions including blood pressure, and as an anti-inflammatory.

Oleuropein has also been shown to possess antimicrobial activity against a variety of viruses, bacteria yeast and fungi.

The ancient olive tree really is an example of longevity and now you too can enjoy the fruits, and the freshly extracted leaf liquid.

1. Laboratory testing carried out on behalf of Olive Leaf Australia Pty Ltd (2004)

2. Dr Stevenson, L & Dr Hunter, D., Oxygen Radical Absorbance Capacity (ORAC) Report<sup>2</sup>, Centre for Phytochemistry & Pharmacology, Southern Cross University, Australia, 2005