



## Olive Leaf Extract: The Mediterranean Healing Herb (Paperback)

By Lori Barrett

Book Publishing Company, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. In regions where olive trees are native, olives leaves have been used medicinally for centuries. Today, alternative health practitioners prescribe them to their patients. Health researcher Lori Barrett takes an investigative look at research done on the compounds in olive leaves and how their effects could help combat a host of ailments, such as bacterial infections, cancer, diabetes, heart disease, inflammation, and osteoporosis. Lori also sheds light on the value of olive leaf extract in topical products to reduce skin damage caused by UVB radiation, effectively treat acne, and hydrate dry skin. She provides expert advice on the available forms of olive leaves, including capsules, tinctures, powders, and teas. Valuable tips will help you determine which ones are best suited to meet your needs.

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