

FOCUS ON: OLIVE LEAF

With Gillian O'Meagher

Olive leaf extract is fast earning a name for itself as an overachiever, in terms of both internal and external benefits.

When it comes to skincare and haircare, olive leaf has a long history, purported to have been part of Cleopatra's beauty regime.

L'Occitane recently released the Organic Olive Tree range, pointing out the inclusion of olive tree leaf extract helps ensure optimal, long-lasting hydration for the skin.

According to Stuart Morick, naturopath at the Ultra Health Centre in Floreat, olive leaf extract traditionally has been used for the treatment of colds, fever and influenza. Evidence of this is anecdotal, coming mainly from the experience of naturopaths and herbalists.

"However, new scientific research has found that olive leaf contains a number of the same nutrients which are found in other plants that are well studied for their immune balancing and antibacterial effects," he said.

Mr Morick said olive leaf extract was known to help lower blood pressure, blood sugar, cholesterol and insulin; however, it was important to let your doctor know if you were using it.

Now it seems olive leaf extract may also be entering the war against obesity.

According to a new study by University of Southern Queensland biomedical scientists, olive leaf extract reduces fat stores in rats.

Researcher Lindsay Brown said the olive leaf extract led to weight loss because of its anti-inflammatory properties. He was confident these results would be transferable to humans.

"The key thing about this is that we now have scientific, rather than just anecdotal evidence to suggest that this natural product, which has no known side effects, is effective in weight loss," Professor Brown said.



hot!



Olive Leaf Natural Liquid Capsules, \$39.95, stockist list at www.olea.com.au.

Oliveria Olive Leaf Tea Gift Pack, \$26.95pp from www.oliveria.com.au.

Aurora Spa Rituals Olive Leaf Intensive Treatment Hair Masque, \$40, stockists: 1800 007 844.



L'Occitane Olive Tree Organic Moisturising Face Lotion, \$39.95, from L'Occitane, Carillon City, Perth.

Olive Leaf Skin Repair, \$23.95, stockists: www.olea.com.au.



St. Ives Fresh Skin Olive Cleanser, \$10, from Priceline and selected pharmacies.



Clear Olive Leaf Extract Liquid, \$29.95, stockists: 1800 791 381.

WIN!

Mind&Body and Clear Health are giving away five Clear Olive Leaf Prize Packs, valued at \$89.95. For your chance to win, write your name and address on the back of an envelope and post it to: Mind&Body Olive competition, GPO Box 2908, Perth 6800. Competition closes on Monday.

HEALTH + WELLNESS

Improve your health with naturopath Michael Treloar ND

I have fan-shaped fingernails which tilt upwards though they are not concave. I am on long-term treatment for symptoms of post-traumatic stress disorder. The nail beds have a good pinkish colour but I have very small moons and only on my thumbs. The nails are not discoloured. I do have vertical ridges on all fingernails but they are not very pronounced. I am 53 and post-menopausal. I am not overweight and have a good diet and take only Kliovance (HRT) and Lovan. The only health issue I have is that my tongue is almost always thickly coated. Name withheld.



While nails and other body parts can give an indication to your health and vitality, this is only a rough gauge and needs confirmation with your

symptoms. So relax, it just might be the way you are. Your coated tongue sounds like thrush. This "wrong bacteria" is fed on sugars and carbohydrates such as those in bread, fruit drinks and alcohol. Fresh vegetables, fish, a little meat and small amounts of fresh fruit over three to six weeks is advised. Re-seed your body with "good" bacteria in the form of probiotics; not one of the drinks but a capsule of the human-strain probiotics.

Send your health questions and details to Health+Wellness, Mind&Body, PO Box 2908, Perth 6800 or mind@wanews.com.au

NATURAL BEAUTY

Ask natural skincare specialist Marian Rubock your beauty questions

My 13-year-old daughter wants to use over-the-counter skincare products but I am only letting her use natural/gentle products without parabens, mineral oils and the like. She feels that the pimples on her chin and forehead are a result of the products but I think it is the lollies and junk she likes to eat and the fact that she drinks hardly any fluids. Can you please give your expert advice? Michelle. Parabens and mineral oils irritate the skin and do not support its natural pH, so it is great that you are avoiding them. High GI foods and sugars may trigger acne. The foods to avoid are sugar, white bread and wheat in general, dairy, potatoes, sweet potatoes, parsnips, and fast foods. Water intake should be 1.5-2 litres of filtered water a day.



Nutritional supplements that reduce acne formation are probiotics (particularly those with the species bifidobacterium), zinc, vitamin A and essential fatty acids, mainly in the form of fish oils. Natural skincare should include products that support the normal pH of the skin, reduce sebum flow and gently exfoliate. If the acne is mild you may be able to manage it with diet, reducing stress and getting adequate sleep.

Send your beauty questions and details to Natural Beauty, Mind&Body, PO Box 2908, Perth 6800 or mind@wanews.com.au

These views are intended only for general purposes and health professionals should be sought for specific advice.

DREAM READER

Understand the meaning of your dreams with Charmaine Saunders

For the past six to seven months, I've been having violent dreams where I always end up getting stabbed in the side. The way the dream goes is always a little different. The beginning always gives me a moment of deja vu, then it will skip to where I break up a fight and I see a knife and I get stabbed. It's always night and I'm at my work. It is a very distressing dream and I often wake up with pain in my side. I feel like I'm being warned. At the weekend, there was a fight at my work and I broke it up. The police warned me to beware as the girl involved was a violent and aggressive person. Nola

It's quite common in waking life to experience the feeling that we've been somewhere or seen something that is familiar. It's not so common in dreams. Try not to go to sleep at night thinking about the dream because that's likely to bring it on. I'm sorry to say that I don't think it is a good dream and it could constitute a warning, not necessarily an attack or a fight literally, but of danger in general. However, you did encounter an actual violent situation so these dreams could have been portending last weekend's events. It could be that straightforward. Perhaps you could see a doctor to ease your mind about the pain you mention you wake with.

Send your questions and details of your dreams in total confidence to therapist Charmaine Saunders: charmaine@charmainesaunders.com or Box 637, Subiaco 6904.

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