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Olive leaf — nature’s best disease fighter

WHEN it comes to your health, prevention is definitely better than cure. The team at Healthy Life Woden can advise you on ways to improve your overall health and wellbeing, including how to fight off common colds and flu.

The staff at Healthy Life Woden are very knowledgeable about the products they stock, and there are three naturopaths in the store, so you can be assured that you’ll always receive professional advice.

According to Healthy Life Woden owner Chris Karabalis, one of the best ways to boost your immune system is to include olive leaf extract in your diet.

“It’s a relatively new product, but it will probably replace echinacea soon,” he said.

Olives and olive oil have been found to have significant protective effects and are believed to be an important cause of the established health benefits associated with following a Mediterranean-

style diet. Similar protective compounds found in olives and olive oil are also found in olive leaf, the relatively ‘new kid on the block’ in terms of herbal approaches to illness. Olive leaf extract is proving to be an extremely effective antimicrobial and general health tonic that has gained enormous popularity in recent years.

Another popular product sold at Healthy Life Woden is glucosamine, which can be used to treat osteoarthritis.

“Many doctors recommend glucosamine for arthritis,” Chris said. “It’s one of our bestsellers and it’s becoming even more popular since concerns with some drugs commonly used to treat osteoarthritis have become apparent.”

Healthy Life Woden also stocks a wide range of vitamins and minerals, homeopathic remedies, body building supplements, protein powders, chemical-free cosmetics, organic foods, fruit and nuts and gluten-free products.

Chris believes that the pharmaceutical industry and the natural healthcare industry need to work together for the benefit of the consumer.

“It’s all about improving people’s health through prevention, so that their body works well and their immune system is good,” he said. Healthy Life is located in Westfield Woden. For more information, call 6281 5274.



Beneficial: Glucosamine and olive leaf extract are available from Healthy Life Woden. Photo: Elesá Lee