



Size: 87.72 sq. cm.

The COFFS COAST **Advocate**

Date: Monday, 10 July 2006
Page Number: 4
Edition: FIRST
Supplement: MAIN

Market: NSW North Coast
Circulation: 80,000
Published: MON TO SAT
Editorial: [email the editor](#)
Item No: P11143508

Leaves of the olive for health

THE humble olive leaf could help fight some form of cancers and even arthritis, Southern Cross University researchers have discovered.

While a great deal of additional laboratory work and clinical trials will need to be performed to confirm these findings, principal researcher Dr Lesley Stevenson said olive leaf extract had proven lethal to human breast and prostate cancer cells in the laboratory.

The manager of the Natural Products Pharmacology Unit at SCU said that in a separate aspect of the study, olive leaf extract was also found to fight inflammation.

The new findings follow research in 2005, when the same olive leaf extract was shown to have an antioxidant capacity 400 per cent higher than Vitamin C and almost double that of green tea or grape seed extract.

"This would suggest that olive leaf extract could have future potential as an intervention in disease processes that involve inflammation, such as arthritis," Dr Stevenson said.

The study is being undertaken by the Australian Centre for Complementary Medicine Education and Research (ACCMER), a joint venture between the University of Queensland and Southern Cross University, which establishes a world first collaboration between conventional and complementary medicine.