

# WHOLISTIC HEALTH NEWSLETTER

## THE PEARL WITHIN

### *Therapeutic Substance Sheet*

#### OLIVE LEAF EXTRACT - OLIVE LEAF TEA

*"...from a Blessed Tree, an olive neither from the East nor the West..."  
(from Ayah tun Nur: Quran 24: 35)*

The wonderful health promoting benefits of the Olive Leaf can be obtained by taking capsules or tablets or by brewing tea from the dried leaves. Quality capsules should be vegetarian and contain 5 – 7 % of oleuropein. Higher percentages disturb the synergistic relationship of other components. The tea is made by using an equivalent of 1 teaspoon of dry, crushed leaves per cup of water. Add leaves to boiling water and let steep for 20 minutes. Once strained, this tea can be kept at room temperature for several days. The tea is slightly bitter, so sweeten with raw honey if desired. It is easy to make a quart of tea at a time by adding a handful of leaves to 4 ½ cups of boiling water. Powdered leaf can be dissolved in a small amount of sterile water and used as a nasal spray for those with congested nasal passages (1/4 teaspoon to one ounce).

Olive leaf has external uses as well, and is effective against head lice, psoriasis, and other skin problems. You may also find it as a liquid extract. Be sure to look for a non-alcoholic product.

*Cont'd on page 3*



### In This Issue:

- Therapeutic Sheet-Olive Leaf, pgs 1, 3
- Column-Pearls of Wisdom, pg 2
- Life at Walk-About Acres, pg 3
- Inspirational Quote, pg 4
- Future Health Topics, pg 4
- Disturbing Facts, pg 4

### To Subscribe -Wholistic Health Newsletter:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

\$5.00/year Payable to: Olive Media Services  
1614 Lakewood Dr. Columbia, MO 65202

**or Online at:**

[www.omspublishing.com/tpwnewsletter.htm](http://www.omspublishing.com/tpwnewsletter.htm)

**Place Your Advertisement Here**

**\*\*1/8 Page Advertising \$10 per placement\*\***

**\*\*1/4 Page Advertising \$15 per placement\*\***



Dear Readers, As salaamu alaikum wa rahmatullah

Praise be to Allah, Creator and Sustainer of all beings. All of creation glorifies Allah and testifies to His Majesty with their voices and their service. We too, who submit ourselves to Allah, praise, glorify and thank our Lord for the bounties and knowledge provided for our benefit and enjoyment.

Occasionally we are blessed to be present for or choose to read information which is riveting and pleasantly enlightening, as we realize it is a part of the universal knowledge placed in the creation by Allah (swt). So it was for me as I read and contemplated the wealth of knowledge contained in a small book titled “Nature’s Antibiotic: Olive Leaf Extract,” by Dr. Morton Walker. This book attracted me because of the repeated mention of the olive in the Quran and because of my love for Ayat-un-Nur (Verse of Light) contained in the Surah-tun-Nur (Surah 24: Ayah 35).

After reading only the first few pages of carefully documented information, I was prompted to reflect intently on the words of Allah. It quickly became clear that there were two words that I had frequently read but had not given their due importance-shajaratun mubarakatin (a blessed tree). The olive tree is among the world’s oldest living plants; some productive trees in the Mediterranean are estimated to be 500-800 years old. The olive tree’s hardiness is directly attributable to substances, endowed by the Creator, which have made it generally immune to microbial invasion. Olive products have been used as healing and cosmetic agents for perhaps 6000 years or more. The tree is referenced in the revelations of the Jews, Christians, and Muslims (Taurat, Injeel, and Quran). See what a greet injustice is done to humans and the universal environment and what ingratitude is shown to the Creator, when these trees are bulldozed by rabid aggressors.

As for the fruit of the olive tree, we know it by its deep colors, tastes and uses. The oil, also popular for generations in many cultures, has now become widely used in the United States as researchers and nutritionists

have recognized it for having cholesterol lowering properties and other benefits in preventing cardiovascular disease. It has many uses in the wholistic arena, including retarding the graying of hair and being part of a remedy for gallstones. There are many other parts to this blessed tree. Of these, the leaves hold the greatest significance for human health.

In “Natural Healing With The Medicine of the Prophet,” translated by Muhammad Al-Akili, it is stated, **“The leaves of the olive tree benefit infectious diseases.”** That however, does not grab our attention nor speak as definitively as the following words from Dr. Morton Walker, **“The powdered extract of olive leaves kills not only viruses, but every other type of disease causing microorganism. I am convinced olive leaf extract is destined to become the most useful, wide spectrum, anti-microbial herbal ingredient of the twenty-first century.”**

Olive leaves are antibiotic, antiviral, anti-parasitic, and anti-fungal. Research done by the Upjohn pharmaceutical company in the late 1960’s proved it successful against poliovirus, herpes, para-influenza 3, etc. Subsequent research by practicing physicians has found its abilities to far exceed those recorded by Upjohn. Upjohn abandoned the study of olive leaf and many attempts to pursue a patent, when it had problems with the hydrolysis product of what they had determined to be the leaf’s most effective substance-oleopeurin. Nevertheless, the knowledge of this Divinely provided health agent was destined to reach the American public.

There are over 120 infectious diseases listed in the book for which the olive leaf acts as an anti-microbial agent. If this remarkable information isn’t sufficient to inspire awe, consider that it also has a natural intellect (from wahi) and will not harm or destroy beneficial bacteria. It will only destroy pathogens. Also, many of those who take the leaf as recommended report an increase in their energy levels because the body’s precious energy is no longer being used to fight infections and/or parasites.

For every illness there is a cure. Most certainly this amazing leaf from The Blessed Tree holds an eminent position in the healing realm.

“Olive leaf has external uses as well, and is effective against head lice, psoriasis, and other skin problems.”



“The best part of the visit for me was watching the students chase and be chased by the resident peacocks.”

## (Therapeutic Sheet, Cont'd)

### **Preventive Maintenance Program:**

One 500 mg capsule or tablet per day: a.m. on empty stomach or several hours after eating,  
— OR — One cup of tea.

### **Therapeutic Dosage:**

Four 500 mg capsules or tablets per day; one every five hours on an empty stomach,  
— OR — Four cups of tea.

### **Acute Dosage:**

For acute flu symptoms, etc. take two or three 500 mg. capsules every five hours; then reduce as symptoms subside

**or**

Increase the strength of the tea using three teaspoons of crushed dry leaves per cup and take one cup every five hours (maximum of four cups per day).

\*\*\*\*\*

Olive Leaf Extract is best taken before or between meals. For acute bacterial or viral infections more rapid relief may be obtained increasing the concentration but not the frequency. The body needs time to purge the toxic waste. In general the older and more toxic the individual, the more resistance present in the body. Therefore, more of the substance will be required to achieve optimal results.

**In the event of an uncomfortable detoxification response (healing crisis), the number of capsules taken and the frequency should be decreased .**

## **Life At Walk-About Acres**

by Ayanna Miranda

**W**alk-About Acres hosted its first field trip tour in 1999. Since then over 10,000 area school children and their parents have visited.

I had my first opportunity to visit Walk-About Acres two years ago when my son's Islamic School took a field trip to the farm. It is located down a gravel road behind a heavily wooded entrance. The tour was given by Art and Vera Gelder the owners of Walk-About Acres.

The children were allowed to see free range chickens at play. They visited with the emus and saw what enormous eggs they lay. The children and adults were given the opportunity to pet the llamas and goats and feed them as well. At the end of the farm tour, Vera took the children into her coveted greenhouse and allowed each child to plant a starter plant for their own home or garden.

In their store Art and Vera have on display a bee hive behind a sheet of glass that allows visitors to view the bees in their busy life. The children made their own candles from beeswax. The parents and children enjoyed their shopping experience. The stores selection includes candles, cosmetics made with honey, candies made with honey, and the staple baking ingredient eggs - fresh from the farm's free range chickens.

The best part of the visit for me was watching the students chase and be chased by the resident peacocks. This farm fresh air and exercise was a good start to the day for the children.

Walk-About Acres 6800 North Kircher Rd.,  
Columbia, MO 65202; (573) 474-8837;

[www.walk-aboutacres.net](http://www.walk-aboutacres.net).

Art and Vera Gelder are members of the Columbia Farmers' Market. They can be found there on Saturdays from 8 am - 12 pm.

## Inspirational Quote

“Alternative therapies tend to offer a more user-friendly and emotionally supportive context. ... We know that a high self-esteem and positive attitude are directly related to health and must be maintained. Many of the alternative therapies often do an excellent job of offering these.”

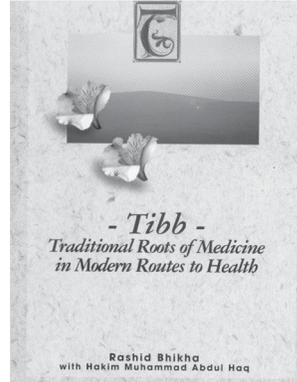
**Future Topics:** Wholistic Approach to Cold and Flu Season, Quran and Honey: Supreme Healers, Islamic Medicine: A Broader View

### Disturbing Facts:

1. Between 44,000-98,000 patients die and countless others are harmed from medical errors in the U.S. every year.
2. Pharmaceutical drugs are killing you or destroying your organs (i.e. Vioxx, Celebrex, Imatrex, etc.). Recalls only occur after the death or injury rate reaches critical levels.
3. 11.5 million U.S. children are on Ridalin, Paxil, Zoloft or other anti-depressant drugs. So many are committing murder and suicide that the FDA has now ruled that all anti-depressants must carry a black box label warning of the dangers.
4. Your health evaluation has not only been outsourced to machines, now FDA has approved implantable computer chips that will contain your medical information for MD access.



## -Tibb- Traditional Roots of Medicine in Modern Routes to Health by Rashid Bhikha



The inspirational quote is taken from “**Tibb**” a book written by Rashid Bhikha with Hakim Abdul Haq. This book attempts to reunite the practices of modern medicine and holistic medicine through philosophical insights and practical techniques of Tibb.

**This book is available for purchase through the Ibn Sina Institute of Tibb in South Africa or Online @[www.tibb.co.za](http://www.tibb.co.za)**

**The Pearl Within - Therapies, Consultation, and Health Products  
410-466-9128  
Islam and Wholistic Healing Seminar Audio Tapes & CD's  
Available @ [www.omspublishing.com](http://www.omspublishing.com)**

**Letters To The Editor:**  
TPW-Wholistic Health Newsletter  
1614 Lakewood Dr., Columbia, MO 65202  
**email: [lettertoeditor@omspublishing.com](mailto:lettertoeditor@omspublishing.com)**  
[www.omspublishing.com/thepearlwithin.htm](http://www.omspublishing.com/thepearlwithin.htm)



**Olive Media Services**  
1614 Lakewood Dr., Columbia, MO 65202  
[www.omspublishing.com](http://www.omspublishing.com)  
(573) 489-4110

U.S. Postage