

Immune Boosting Olive Leaf Tea

With black seed

Olive leaf tea is an ideal replacement for black tea, it is said that it contains more antioxidants and vitamin C than green tea.

Historically, olive leaves are known as a symbol of peace, so it is not surprising that olive leaf tea provides a soothing, relaxing, herbal brew that evokes a sense of wellbeing. The benefits of olive leaves are nothing new, as they were used in the past for treating severe fevers and malaria. In Britain, the brew from green olive leaves was used for aiding the sick returning from tropical colonies. Decades later, scientists believed that the **oleuropein** substance, contained in the olive leaves was responsible for the treatments and cures.

Oleuropein is active against bacteria and insect pests, thus protecting the olive tree. This property has also been found to help protect humans too. European researchers discovered that oleuropein was effective at lowering blood pressure as well as increasing blood flow. Research conducted in the late 1960's by scientists at a major pharmaceutical company Upjohn (now Pfizer) showed that an active ingredient from olive leaf tea called **elenolic acid** was very effective at inhibiting viruses from growing, including those associated with the common cold of humans (the "Rhinovirus" family). Olive leaves have a slightly bitter taste and therefore make a good digestive tea. They stimulate the liver and lower blood sugar.

Black seed (Nigella Sativa)

The protective and healing properties of black seed are so remarkably comprehensive and varied that for thousands of years people have regarded it as a miracle cure. Black Seed, also known as Nigella Sativa are aromatic seeds which are so beneficial for humanity that they transcend time, space and culture.

How to make Olive Leaf Tea

Place 1 tbsp of olive leaves and 2 tsp of immune boosting black seed (optional) in a small steel pan and add 3 mugs of water.

Bring to the boil and simmer for 10 minutes.

Leave it to stand for 20 mins until it turns a darker colour. There is no need to remove any white residue as it contains some of the healing properties.

This will make 2 mugs to drink. You can re-boil the leaves a second time for 5 minutes.