

## STOPPING YOUR RECURRENCES

### DOES CACTUS, OLIVE LEAF OR POLLEN DO BEST? By Marian Nicholson, Director, Herpes Viruses Association

Fifteen members of the Herpes Viruses Association each tried three months on a new product from Eladon Ltd. Each tried either (1) Olive Leaf extract (2) *Opuntia streptacantha* (a cactus) or (3) combined Lysine, Pollen and Propolis. Those already using elagen were encouraged to continue to do so as Eladon Ltd. recommends taking it at the same time for a complementary effect.

For new readers here is a summary of the basis of trying these three products and a breakdown of the results.

#### 1. Olive Leaf Extract (O.L.E.)

This was the clear winner of the trial. Olive Leaf extract has a good record of supporting health. Research has been carried out in the U.S. where it was used to treat long-standing bacterial infections that had not responded to conventional antibiotics (e.g. chronic sinusitis) as well as viral infections and fungal problems. In Eastern Europe, Olive Leaf Extract is prescribed by national health services to help:

- Strengthen the immune system.
- Prevent or treat viral diseases, such as influenza, herpes simplex and the Epstein-Barr virus,
- Alleviate sore throats, chronic sinusitis, pneumonia and chronic disease syndrome.
- Fight conditions caused by the body's imbalance such as psoriasis and arthritis.

#### 2. *Opuntia streptacantha* (O.S.)

An extract of this cactus plant has been tested by the *Vaccine Research Trust UK* and they report that it inhibits the replication of viruses inside the cells: influenza, rabies and herpes simplex. In the journal *Current Obstetrics and Gynaecology*, Dr. Gordon Skinner, a lecturer in virology at Birmingham University has written, 'During the past two years I have been alternating or complementing (antiviral) suppressive therapy with a preparation of the plant *Opuntia streptacantha*... for patients with troublesome refractory (recurrences)'. He uses a strength of 4 grams of *Opuntia streptacantha* per day. His patients have reported no side effects.

#### 3. Lysine, Pollen and Propolis (L.P.P.)

There are two amino acids (found naturally in food) that appear to influence herpes outbreaks - lysine and arginine. In laboratories growing herpes simplex cultures it has been observed that the virus replicates better in an arginine-rich gel rather than a lysine-rich gel. Some people who get repeated outbreaks have found that by avoiding arginine-rich food (predominantly chocolate and all forms of nuts) and taking tablets containing extra lysine, they are able to reduce outbreaks. Eladon Ltd. included pollen and propolis in their formulation as these natural by-products of bee-hives have a long history of improving health. Indeed certain youthful movie stars claim propolis is the secret of their looks and vitality.

### The Volunteers

Before the trial started our volunteers completed a questionnaire which included the following questions:

'How many outbreaks do you get per year?' Their answer had to be more than six. In fact, they averaged nearly one a month.

'How long have you had Herpes?' The average was 'over eight years'. 22 people (out of 43) had had herpes simplex for six years or more. This is more important since a lot of the volunteers will have had herpes simplex for a long time and tried many different things to stop outbreaks. A small improvement in the condition of such stubborn cases may be translated into a dramatic improvement in the symptoms of people who have had it only a short while.

The women in the study were aged between 20 and 56 and the men between 31 and 73. the overall average age (including both sexes) was 39 , with 20 people (44%) in the trial aged below 38.

### Evaluation of the results

At the end of the trial the volunteers returned their calendars and answered more questions. The numbers in the table below clearly show that O.L.E. was the most effective of the three products. The number of people who benefited from both O.L.E. and O.S. exceeded what is expected from the ‘placebo effect’ (which states that where there is a psychological component to the condition, around one third of people ‘taking something’ will feel better even when what they are taking contains no active ingredient).

Only one person in each group answered ‘yes’ to the question ‘Are there any side effects?’. It is normal to have some in any trial even when people are taking a placebo (dummy pill).

It is likely that one of these side effects – tummy ache after taking O.S. – was due to the gelatine capsule itself, this is a known possibility and in this case the capsule can be opened and the ingredients

Products on trial →	Olive Leaf Extract Taken by : 14 people	Opuntia streptacantha Taken by: 15 people	Lysine, Pollen & Propolis Taken by: 14 people
Did this trial help you? <i>Yes</i>	11	8	6
Did you have fewer outbreaks? <i>Yes</i>	10*	7	5
Were they less severe? <i>Yes</i>	10	5	6
Did the capsules top: Itch? <i>yes</i>	5	2	1
Burning? <i>yes</i>	-	1	1
Pain? <i>yes</i>	-	3	1
Did you have side effects? <i>Yes</i>	1**	1	1
Would you continue with these capsules? <i>Yes</i>	8	6	4
Have you taken Elagen at any time? <i>Yes</i>	5	11	4
Did you take Elagen With these capsules? <i>Yes</i>	4	5	2

taken on their own. Nb. Eladon’s Olive leaf extract is now in a veggie capsule.

\*refers to a woman who said that O.L.E. helped; although she had no fewer outbreaks, it reduced her prodromal aches & itches.

\*\*refers to the comment ‘they gave me headaches and spots’.

### Comments

Many of the volunteers added personal comments in the space provided. Here are a selection of their remarks:

- Pleased with Olive Leaf extract:**
  - ‘Definitely helps, easy to take’
  - ‘Fewer prodromes but same frequency. I am now adding Elagen to see what happens.’
  - ‘Good stuff, I’ll continue taking it to see what happened.’
  - ‘Good, only one small sore.’
  - ‘My genital symptoms were 25% better than on Elagen alone and my mouth was 50% better.’
  - ‘Excellent.’
  - ‘reasonable protection, but sores not kept off or long enough, I’ll keep taking it.’
- Not pleased for Olive Leaf Extract:**
  - ‘Two outbreaks (in three months) but they did inly last two days each.’
  - ‘Gave me headaches and spots.’
- Pleased with Opuntia streptacantha:**
  - ‘definitely helps, easy to take.’
  - ‘Less severe.’
  - ‘Two short prodromes, no flu, I was taking Elagen too.’
  - ‘I’m a great believer.’

‘Amazed! I’m confident the cycle is broken.’

‘Will continue for 6 months.’

- **Not pleased with *Opuntia streptacantha*:**

‘Not very effective.’

‘Maybe worse!’

‘Exacerbated my symptoms. I’m better off since I stopped them.’

- **Pleased with Lysine, Pollen and Propolis:**

‘No good but thanks for including me in the trial’

‘Recurrences were more frequent.’