

Health Benefits and Uses of Rooibos Tea



Pronounced "roy-boss" and means "red bush" in Afrikaans. Studies have shown this tea is comparable to green tea in the amounts of polyphenols it contains. It shows anti-mutagenic, anti-carcinogenic, anti-inflammatory and anti-viral activity.

Rooibos is totally pure and natural. It contains no colorants or preservatives.

Rooibos helps **delay the aging process!** The aging of our bodies is caused by toxic compounds called free radicals which are produced as a by-product of normal cell function. These free radicals attack our healthy cells. Over our lifetime this damage contributes to aging and our immune system weakens. Recently, Japanese scientists have found that Rooibos tea contains a mimic of the enzyme Super Oxide Dismutase (S.O.D.), an antioxidant which attacks the free radicals and limits their damaging effects.

Rooibos helps to relieve stomach ulcers, nausea, constipation, and heartburn.

Have a cup of Rooibos before you get ready for bed to ensure a good night's sleep! Rooibos has been found to help with insomnia, disturbed sleeping patterns and headaches. It contains no caffeine and has a relaxing effect on the central nervous system.

Rooibos helps to give you strong bones and teeth because of its calcium, manganese and fluoride content.

Rooibos helps pacify infants with colic, stomach cramps and sleeping problems. Simply mix some Rooibos tea with expressed breast milk or formula. It is 100% natural with no colorants or preservatives. It is [a mother's miracle](#).

Rooibos contains alpha hydroxy acid and zinc for **healthy, smooth skin**. This wonder tea is especially useful when applied to skin irritations like itchy skin, eczema, sunburns, diaper rash and acne.

Put used rooibos tea bags in the refrigerator or freezer. After a hard day's work, put on tired or red eyes to soothe and relax.

Rooibos contains magnesium which is necessary for a healthy nervous system.

Rooibos increases the absorption of iron in the body.

Rooibos contains potassium and copper minerals that are necessary for several metabolic functions.

Rooibos is often prescribed for nervous tension and mild depression as it makes a relaxing sedative.

Rooibos contains no oxalic acid and can therefore be enjoyed by persons suffering from kidney stones.

Rooibos helps to **control your appetite** thus can be beneficial in weight loss.

Rooibos helps you recoup after a hangover.

Rooibos makes a great thirst-quencher and sport drink. Because of its mineral content of iron, potassium, zinc, manganese and sodium, it restores the body's equilibrium after strenuous exercise.

Rooibos is very versatile! Drink it hot or cold, with or without milk, sugar or honey. Add lemon or mix it with fruit juices for a lovely blend. Rooibos tea is also used in cooking and baking. It replaces the liquid content in recipes for soups, marinades, sauces, stews and cakes for added flavor and nutrition.

And Rooibos tastes divine! It is less bitter than most teas



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