

“red bush tea” rooibos -

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a gift from nature



How would you feel about drinking a beverage that is naturally caffeine-free, low in tannins, and known to prevent age-related oxidation of the brain?

Does it sound too good to be true? Well, it's not!

Native to the Cedarburg Mountains in South Africa is a wonderful healing herb known as the *Aspalathus linearis*. Rooibos (pronounced “roy-boss”) has been used for centuries by South Africans for its legendary healing properties.

Because Rooibos is caffeine-free, it is a wonderful beverage for people of all ages. It's rich in naturally occurring minerals such as iron, potassium, calcium, copper, zinc, fluoride and manganese. When used as a fluid replacement, its said to provide measurable amounts of minerals and electrolytes. For this reason, Rooibos is used by South African athletes in place of commercial sports drinks.

Rooibos can also be applied topically to relieve sunburn and other skin irritations such as acne, diaper rash and eczema. Drinking rooibos is also said to promote healthy skin, maybe because it contains zinc and alphahydroxy acid.

Since it contains no caffeine, Rooibos is an ideal bedtime drink. As a person who suffers from occasional insomnia, I can personally attest that drinking Rooibos before bedtime helps to relax my muscles and calm my nerves. This natural calming herb is ideal for children at bedtime too.

Laboratory studies have found that Rooibos tea contains significant amounts of polyphenol antioxidants, including flavonoids and phenolic acids. Studies suggest that these antioxidants play an important role in preventing age-related oxidative damage as well as damage caused by free radical cells.

The next time you are looking for just the right thirst quencher or soothing cup of tea, give Rooibos a try! Red, green, flavored or plain, Rooibos is a special gift from nature that has all the right stuff!


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