

“red bush tea” rooibos -

by Charlene Phillips

a gift from nature



Laboratory studies have found that Rooibos tea contains significant amounts of polyphenol antioxidants, including flavonoids and phenolic acids. These antioxidants play an important role in preventing age-related oxidative damage as well as damage caused by free radicals. Although both fermented and un-fermented (Green Rooibos) contain high levels of antioxidants, Green Rooibos is said to have 10 times more Aspalatin, which is a flavonoid found only in Rooibos.

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.

ABOUT THE AUTHOR Charlene Phillips is the founder of the Rochester company Tealightful Treasures, a national business focused on teas and allied products. Visit their website, www.tealightfultreasures.com, to get Rooibos recipes and more ideas for its use as an herbal remedy.

How would you feel about drinking a tea that is naturally caffeine-free, low in tannins, and known to prevent age-related oxidation of the brain? 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”) or Red Bush 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, and is especially refreshing and thirst quenching during the hot humid months of summer. It is rich in naturally occurring minerals such as iron, potassium, calcium, copper, zinc, fluoride, and manganese. When used as fluid replacement, it is said to provide measurable amounts of minerals and electrolytes. For this reason, Rooibos is used by South African athletes as a sports drink.

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

Since it contains no caffeine, Rooibos is a wonderful bedtime drink. As a person who suffers from occasional insomnia, I can personally attest that drinking Rooibos before bedtime helps quiet my mind and calm my nerves.



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