

Rooibos Tea

The tea "Rooibos" or "Red Bush" tea originates from the Western Cape, South Africa and is enjoyed not only by many South Africans but also others world wide.

*Rooibos is processed from the leaf of the *Aspalathus linoaris* and while the liquor looks and tastes very much like tea, this "tea" is 100% caffeine free and is found to be rich in vital minerals and Vitamin C. Rooibos is called the "miracle tea".*

Rooibos tea is more than just a deliciously refreshing beverage, it is also a healthy versatile drink, rich in amber color, with a pure natural aroma. The ease of preparation of Rooibos and the fact that it can be enjoyed hot or cold makes it the perfect choice as a refreshing drink for any occasion. A hot, soothing cup of Rooibos is completely pure and natural, containing no additives, preservatives or colorants of any kind.

During research at various universities in recent years, it was discovered that the South African Rooibos "miracle tea" contains a high level of SOD (super oxide dismatase), an agent that fights free radicals that can cause aging.

Dr. Hiroshi Maeda, the internationally famous scientist in the study of the effect of active oxygen and super radicals on organisms, at the Department of Medicine of the University of Kumanota, Japan, conducted research studies that proved Rooibos Tea contains far more antioxidation action, which works to neutralize active oxygen, than any other drink. It is capable of preventing fat from changing into liquid peroxide, the major cause of aging. Excessive active oxygen production will destruct normal cells and tissues of internal organs and blood vessels. The research shows that Rooibos Tea has more antioxidant action than green tea.

Clinically now, the Rooibos Tea is prescribed for nervous tension, allergies, stomach and other digestive problems. It has been found to relieve insomnia, and stomach cramps. It has a soothing effect on the skin when directly applied and gives relief for diaper rash, other skin irritations and is especially helpful for babies with colic.

Some of the nutrients found in Rooibos Tea:

Nutrients	Function in the Body	Per 200 ml
Iron (Fe)	Essential for transport of oxygen in the blood	0.07 mg
Potassium (K)	Necessary for metabolic process	7.12 mg
Calcium (Ca)	Necessary for strong teeth & bones	1.09 mg
Copper (Cu)	Necessary for different metabolic processes	0.07 mg
Zinc (Zn)	Necessary for normal growth & development and healthy skin	0.04 mg
Magnesium (Mg)	Necessary for a healthy nervous system & other metabolic processes	1.57 mg
Fluoride (F)	Necessary for healthy teeth & bones	0.22 mg
Manganese (Mn)	Necessary for metabolic processes and for bone growth /development	0.04 mg
Sodium (Na)	Necessary for fluid & acid-base balance	6.16 mg



Call 877-EAT-RAW-1 for more information on how
Healthy Heart Plus can help you improve your health