

## **Redbush tea is an uplifting drink**

(Fri May 5th, 2006, by Gerrit Davids)

Redbush Tea or Rooibos Tea as it is commonly known in South Africa, is grown free from chemicals in an environmentally conscious way that does not place human health at risk. It uses renewable resources, protects plant and wild life, replenishes soil fertility and productivity, and minimizes damage to the environment.

Cultivation under an organic system is complicated and rigidly controlled by international certification bodies who carry out regular inspections of the plantations, the soil, the processing plants, any vehicles used and any other equipment involved in the production of the tea. Besides the fact that it is organically grown, harvested and packed, it has great medicinal qualities which are already well known in overseas markets.

Since ancient times, this plant has been valued for its medicinal uses by the indigenous San people. With no harmful stimulants, absolutely no caffeine the tea will leave you feeling calm and rested too. Due to its soothing effect, it is believed to help with insomnia, irritability, headaches, mild depression and nervous tension. It also offers significant anti-spasmodic relief, alleviating stomach cramps and constipation as well colic in infants. Because it's caffeine-free, it is suitable for pregnant women and nursing mothers. This wonderful tea is even used to treat skin conditions such as eczema and nappy rash, and to reduce allergies like hay fever and asthma!

The health properties of Rooibos tea are ascribed mainly to the low tannin content, the high levels of minerals and the free-radicals capturing properties of some unique flavonoids of which the C-glucoside dihydrochalcones aspalathin and nothofagin are the most important.

This uniquely South African (Cape) herbal drink is mainly used as a tea substitute and health drink, because it contains no harmful substances such as caffeine. It has also been used since early times for its direct positive effects on the urinary system and is valued as a stomachic that aids weak digestion without affecting the heart. Apart from the absence of stimulants, it is likely that some beneficial effects may be linked to the free-radicals capturing properties of phenolic compounds.

The tea is an uplifting way of starting the day and it's equally perfect for unwinding at night.

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