

The Healing Properties of Rooibos Tea

The world is full of surprises – particularly the plant world. You never know what new thing will hit you. Plus we need to also consider the wealth of information that is stored locally. Only now are we beginning to know more about them and the various healing properties of the herbs and the plants. But the local population has known about it for ages and used it for generations. The Rooibos tea is one such.

The woody plant (*Aspalathus linearis*) from which Rooibos tea comes is grown only in the Cedarberg area of South Africa's Western Cape Province. The plants are harvested and fermented in the summer months, and when dried in the sun, the color is transformed from green to red. Because of its color, Rooibos tea is also referred to as Red tea. This unique tea has a color, aroma and flavor. Rooibos tea has been associated with several healing powers.

[Genital warts](#) cannot be completely eradicated ever from the system, but it can be controlled to a great extent if the natural immunity of the human body is enhanced. And if the immunity is strong, then the actual symptoms of the warts can also be prevented, even though the body may be carrying the virus. The Rooibos tea has been known to enhance immunity. Thus, the tea can be an excellent precaution against genital warts. The tea tastes great as well. So this appears to be a good option to fight this disease.

Healing Properties of Rooibos Tea

Though locals have known it for centuries, but ever since the discovery of health benefits of Rooibos tea, there has been a hot debate over the subject. It is now believed that this tea is rich in antioxidants which can guard the body against the free radicals and from their damaging effects. Free radicals can be so powerful that they can even damage the DNA and thus the body structure. Antioxidants are nutrients or chemicals that can prevent this from happening. Antioxidants can oxidize cholesterol and thus prevent the blood vessels from getting clogged. This they can prevent heart attacks. Antioxidants have also been known to fight cancer. South African scientists also say that the Rooibos tea can work as an excellent stomach soother.

Here are some of the other healing properties of Rooibos tea...

- The tea has been known to work as a relief against headaches, tension, insomnia and irritability.
- It relieves stomach cramps and colic in infants.
- The tea is excellent when someone has asthma, eczema and hay fever.
- Works wonderfully well as an anti aging formula.
- Drink the tea just before bed time, and you are sure to get a deep sleep.
- Rooibos tea can fight many allergies in the body.
- It has also been known to boost the immune system.
- It is good for pregnant women.

Because of so many healing properties, the Rooibos tea is prescribed for children, adults and even seniors. This herbal remedy is a true wonder of nature.

Now here's the proof of Rooibos Tea

Though the tea was discovered as early as 1772, but the fact remains that the western world was unaware of the true potential of Rooibos tea for all these years. Extensive research has started to be carried out only in recent years. But already there is proof of the healing properties of the tea.

Laboratory studies have established that Rooibos indeed offers health benefits in both test tubes and also in live animals. Tests have given positive results in both. However human studies are yet to be conducted officially. But ask the locals, and they would thoroughly disagree with you. They would say that they have been drinking it for generations and have benefited tremendously from the tea. Only in the west have we not known about it.