

Redbush tea is an uplifting drink

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**By Gerrit Davids**

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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!

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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.

Promedia is a communications company specializing in international trade advertising, linking buyers and sellers of all types of products. Contact Mr. Gerrit Davids at: [promax@mweb.co.za](mailto:promax@mweb.co.za)

## **The Story of Tea Drinking**

**By Chester Ku-Lea**

The story of tea begins over four and a half thousand years ago. According to Chinese mythology, in 2737 BC the Chinese Emperor, Shen Nung, scholar and herbalist, was sitting beneath a tree while his servant boiled drinking water. A leaf from the tree dropped into the water and Shen Nung decided to try the brew. The tree was a wild tea tree.

From the earliest times tea was renowned for its properties as a healthy, refreshing drink. By the third century AD many stories were being told and some written about tea and the benefits of tea drinking, but it was not until the Tang Dynasty (618 AD – 906 AD) that tea became China's national drink and the word ch'a was used to describe tea.

Tea drinking has been practiced throughout the world for hundreds of years. From the imperial court of ancient China to the Russian tea room, from the Japanese tea ceremony to British village tea shops, the soothing, healing and invigorating effects of tea have been appreciated and understood by many peoples.

Tea is a naturally refreshing drink and taken on its own it has no calories, so it's the perfect drink to

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keep you looking good and feeling fit. When taken with milk, four cups of tea a day can provide you with significant amounts of the following nutrients: approximately 17% of the recommended intake for calcium, 5% for zinc, 22% for Vitamin B2, 5% for folic acid, and Vitamins B1 and B6.

A cup of tea is also a good source of manganese, which is essential for general physical development, and potassium which helps to maintain your body's fluid balance.

Chester is a health nutrition consultant and is the owner of

– a provider of

premium health nutrition and sports supplements.



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