



cups of goodness

HERE'S TO YOUR HEART HEALTH

It's a feeling we all know well – getting busier by the day, and feeling your stress levels increase with each new challenge that life hurls your way. The snag is that even if you don't smoke, and even if you exercise regularly, stress and a poor diet can catch up with you and ultimately lead to cardiovascular disease, resulting in a heart attack or stroke.

The good news is that armed with the right components in your diet, you can keep bad LDL cholesterol – which is responsible for cardiovascular disease – at bay. According to research led by Dr Jeanine Marnewick at the Cape Peninsula University of Technology, by making Rooibos tea part of your daily liquid intake, you can significantly reduce your risk of heart disease, as it helps to slow down the hardening of the arteries, and increases the levels of the body's own super-antioxidant, glutathione.

For more information on the health benefits and versatility of Rooibos, visit www.sarooibos.org.za

Tips to help fight heart disease

- ▶ Drink six cups of Rooibos tea per day.
- ▶ Follow a healthy, balanced diet that is low in saturated fat and high in fibre.
- ▶ Exercise regularly.
- ▶ Quit smoking.
- ▶ Maintain a healthy weight.
- ▶ Know your blood cholesterol, blood glucose and blood pressure levels and if they're high, seek appropriate help.