

# # LONGEVITY

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## ■ ROOIBOS FOR CANCER

The Cancer Association of South Africa reveals that cancers will be the leading cause of death worldwide within a year. However, something as simple as locally grown rooibos has shown potential in both slowing down, and even preventing certain cancers. Research conducted by Dr Jeanine Marnewick of the Cape Peninsula University of Technology, explains that, "We have found that green rooibos, the unfermented version of the tea, significantly inhibits the growth of cancer cells and that traditional rooibos also achieves this effect, albeit at a slightly lower rate." A great reason to indulge in your favourite cuppa...