

Refreshing and a wonderful antidote to stress, so

# HAVE A CUPPA

Brew some Rooibos and relax while the tea heals body and mind, writes **TSHIDI MAMETSA**

**M**ANY people are aware of the calming effects of rooibos tea – even newly-elected President Jacob Zuma, recognises the ability of the tea to help combat stress and anxiety.

When asked in a recent interview what his priority will be when focusing on the policy challenges ahead, Zuma joked: “The first thing I will do is drink my cup of rooibos tea, with honey and lemon”.

Stress levels seem to be escalating and the need to relax and reduce the stress elements in life has become very important. But with the busy lives we lead these days, there is often no time for this.

But the good news is that a simple cup of tea can do the trick.

Rooibos has proved to have a calming and soothing effect on the central nervous system and can play a role in relieving related health problems such as insomnia, irritability, headaches, nervous tension and hypertension.



**GOOD HEALTH:** Rooibos is not only a perfect tea break beverage – it relieves stress levels and keeps one's central nervous system in check

The most common supplement taken to relieve stress-related problems is magnesium, which is important for the proper functioning of the central nervous system. The side effects of a lack of magnesium include muscle spasms, cramps, tension and stiffness.

This tea contains magnesium, so drinking it can prevent a lack of magnesium in the body and promote the good health of the central nervous system.

Containing no additives, preservatives or

colourants – this healthy beverage helps relieve stomach and indigestion problems such as nausea, vomiting, heart-burn, stomach ulcers and constipation.

The tea can also be beneficial in managing such allergies as hay fever, asthma and eczema.

With its soothing effect on the skin, it relieves skin irritations such as eczema, nappy rash and acne when directly applied to the affected area.

This tea is good for people on a weight loss diet and since it contains no oxalic acid it can be drunk by people suffering from kidney stones.

It can be used as a pick-me-up in the morning, a superb thirst-quencher during the day and as a night cap before sleeping.

It's ironic that when feeling stressed one goes for coffee but studies show that caffeine only worsens a sensitive central nervous system.

So, next time you're feeling stressed, brew a cup of rooibos tea, and relax as the tea does its job – healing body and mind.