



Newsletter October 2017

Rooibos for robust hearts

But just how might rooibos tea help your heart and how strong is the evidence? A study conducted in Sweden found that drinking Rooibos significantly suppresses the activity of the angiotensin-converting enzyme (ACE). This enzyme is involved in the development of heart disease and therefore ACE inhibitors are often prescribed to treat hypertension and heart disease. When blood vessels constrict, blood pressure increases, putting you at greater risk of heart attack or stroke. Rooibos tea is known as a bronchodilator, which not only

relieves respiratory conditions, but also reduces high blood pressure. It works in similar fashion to ACE inhibitors and helps blood vessels to relax and widen, making it easier for blood to flow through. There is a mounting body of scientific evidence which shows that rooibos tea is a potent antioxidant, has anti-inflammatory, antihypertensive and cholesterol lowering properties. "Drinking rooibos tea ticks a lot of the boxes when it comes to maintaining heart health. Rooibos tea as part of a healthy diet and

lifestyle may play a significant role in preventing cardiovascular disease," says Dr Dawie van Velden (a medical professional with an interest in integrative medicine and whole person wellness).



Rooibos for pets

If your dog or cat is suffering from allergies or irritations of the paw, giving your dog or cat a foot soak can assist in reducing the discomfort, help treat the symptoms, and stop your dog's or cat's need to lick and chew his/her paws.

You need about 2 rooibos tea bags per litre of water.

Place the tea bags in hot water and allow to steep for 15 minutes.

Remove the tea bags and let the tea

to cool before adding to the water in the soaking tub, just always make sure that the resulting liquid for the soak is room temperature - never hot. Soak your dog's or cat's paws for 1 – 3 minutes. After the soak just pat your dog's or cat's paws dry - do not rub them dry as rubbing can cause irritation.

Use the used tea water to water your plants!

Who is SARC?

The South African Rooibos Council (SARC) is an independent organization, representing Rooibos processors, packers and branders. Its mission is to responsibly promote Rooibos and its attributes to the consumer, and protect the interests of the Rooibos consumer and SARC stakeholders. This mission is supported by effective research and communication.

SARC's vision is to:

1. Use available resources to effectively and efficiently promote, grow and protect the Rooibos industry of South Africa for its stakeholders, locally and internationally.
2. Support appropriate research and communication to promote the benefits of Rooibos.
3. Respond to threats and crises in the Rooibos industry on behalf of its stakeholders and to protect the interests of the consumers.
4. Disseminate relevant information to facilitate consistent product quality and adequate supply.

Rooibos frozen ice tea lollies

With summer in full swing, finding a snack that is delicious, healthy, and refreshing on a hot day is a must. The whole family will love these Rooibos frozen ice tea lollies, and you can make loads of different combinations to suit your little one's tastes. Chopped up fruit adds flavour and interest, as well as the nutritional benefits from all the fruit you choose.



Ingredients: (serve 6-8)

- 6 x rooibos teabags
- 250g fresh fruit chopped into small pieces (pineapple, strawberries, blueberries, raspberries, peach, oranges, kiwi and apple)
- 1 litre of boiling water

Method:

- Add the teabags to boiling water and allow to steep for around 10 minutes. Leave to cool.
- Slice up your chosen fruit and add it to the cooled Rooibos.
- Add honey (optional)
- Pour into an ice lolly mould and leave in the freezer overnight
- Enjoy your delicious ice-lolly creations!

Nagoya Protocol: Overview

The Nagoya Protocol on Access to Genetic Resources and the Fair and Equitable Sharing of Benefits Arising from their Utilization (ABS) to the Convention on Biological Diversity is a supplementary agreement to the Convention on Biological Diversity. It aims to provide a transparent legal framework for the effective implementation of one of the three objectives of the CBD: the fair and equitable sharing of benefits arising out of the utilization of genetic resources. This framework aims to:

- Establishing more predictable conditions for access to genetic resources.
- Helping to ensure benefit-sharing when genetic resources leave the provider country.

Rooibos DIY

Eye sore no more

You've spent a long day hunched over your laptop, crunching numbers and returning urgent emails, and it has left your eyes red, blurry and pounding. Taking care of it is easier than you think and won't cost you an arm a leg. All you have to do is wash out your eyes with some lukewarm Rooibos. As an added bonus, if you dip the teabags in water and place them on your eyes for a minute or two before bed, they will help take away the dark circles and puffiness under your eyes.

Helps soothe eczema

Calm your skin during a flare-up by rinsing with lukewarm or cold rooibos. Brew a pot with 4 or 5 teabags and keep in the fridge ready to be used. The infusion can be applied either directly to the skin, used as a wash to relieve dry, itchy scalp, or used in skincare products such as soaps and cleansers.

Boosts the Digestive Tract

Rooibos may also be used as a natural remedy to irritable bowel syndrome. To get the most out of this effect, sufferers should drink a cup of rooibos about 30 minutes prior to a meal they believe may trigger digestive problems.