



Newsletter February 2018

Rooibos for better health

February is recognised as National Healthy Lifestyles Awareness Month which aims to educate South Africans about how healthy living could avert the growing number of diseases of lifestyle, such as heart disease, diabetes and cancer, which combined claims the lives of more than 276 142 people (or 60% of all deaths) annually in our country.

Prof Christo Muller, Chief Specialist Scientist at the SA Medical Research Council says Rooibos alone isn't a silver bullet, but has the potential to reduce inflammation in the body, which is the root cause of all disease.

The high level of antioxidants in Rooibos helps to fight inflammation and oxidation. Oxidation occurs when our bodies metabolise the oxygen that we breathe in to produce energy. Through this process free radicals are produced which cause damage to cells and ultimately disease.

Antioxidants bind themselves to free radicals before they can cause any harm. The more antioxidant-rich our diet, the lesser our susceptibility to disease and premature aging.

Rooibos contains antioxidants that are called polyphenols, which are commonly found in plants and herbs. Polyphenols are further divided into sub-groups that are called flavonoids and phenolic acids. Research has confirmed that Rooibos contains both of these potent free radical scavengers that protect the body from unwanted pathogens.

This novel antioxidant protects against vascular inflammation, ischaemia (lack of blood supply to the heart), often as a result of diabetes – a condition which affects one in 14 South Africans between the ages of 21 and 79.

For optimal health benefits, Muller recommends drinking between five



and six cups of Rooibos tea staggered throughout the day. Alternatively put a jug of cooled rooibos tea in the fridge or pour the iced tea into a sports bottle to ensure you get your daily dose.

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.

How Rooibos improves heart health

Quercetin, another powerful antioxidant found in Rooibos, has been linked to the prevention of a wide variety of heart conditions. It promotes HDL (good cholesterol) and inhibits the LDL (bad cholesterol)

from adhering to the walls of arteries and blood vessels. This means added protection against various heart conditions, including arteriosclerosis, heart attacks and strokes.

Rooibos for horse and hound

Rooibos is one of the most sought-after herbal teas not only because of its high level of antioxidants, but because of its alkalising benefits too. When it comes to the health of your pets, it's vital to ensure the right pH balance. An alkaline environment allows your pets' organs, tissues and immune system to thrive.

By bathing your pet in a solution of rooibos you can relieve the itchiness and prevent the onset of eczema and other mild skin problems. Pets can also benefit from rooibos' health-giving properties by simply pouring it over their food.

Rooibos can be given externally or internally to treat dry, itchy, irritated skin in horses, dogs and cats. Externally a rooibos cream can be applied to the problem area to soothe and protect the skin. Taken internally, the bioflavonoids in rooibos have a potent anti-itch effect. Mosquito and flea bites can cause itching and in severe cases, allergies, hair loss and open wounds from your pet's continual scratching. Either bath or rinse affected skin areas in brewed rooibos tea or apply cooled



rooibos on the affected area with cotton wool or a facecloth.

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.



The red cappuccino carries the usual traits of a cappuccino; its rich, creamy, and topped with foam and a touch of cinnamon, with one very special difference.

Making a Rooibos cappuccino

Instead of a concentrated double shot of coffee, the primary ingredient is a concentrated shot of Rooibos. This mixes extremely well with the foam, and the dusting of sweet, woody cinnamon brings out its complexity of the earthy, nutty, vanilla hinted notes. Then, the caramel-red colouring of the tea shot mixed with the foam give the beverage a distinct creamy-reddishness.

To make a red cappuccino, brew the same amount of tea required in two to three standard cups of Rooibos tea, and reduce brew water to about a half a normal cup. Add generous amounts of steamed and frothed milk. Add a sweetener like sugar or honey to taste and a sprinkle of cinnamon for added flavour and aroma.