

Newsletter August 2017

Rooibos and diabetic dogs



Zaria Rule – a grade 7 learner from Cornwall Hill College in Centurion – tested green rooibos tea on several diabetic dogs, including her pet dog, Jessie, as part of a school science project, which led to some extraordinary findings. One afternoon, following a radio interview she had heard about the

benefits that rooibos could offer diabetics, Zaria decided that she wanted to test rooibos tea on Jesse, and that this would make the perfect topic for her school science project. She fed Jesse and 3 other diabetic dogs one cup (250ml) of green rooibos, which was diluted with another three cups of tap water per day over a four-week period. After about four weeks of rooibos supplementation, Jesse responded so well that we were able to reduce her dose of insulin treatment down to 10 units twice a day, which was the lowest dose we've ever given her since being diagnosed a year earlier. Prior to adding rooibos to Jesse's diet, her blood sugar levels were very low – almost to the point where she was hypoglycemic.

By the end of the four weeks Jesse's blood sugar levels were more stable than ever. She was her old self again and had an abundance of energy.

Rooibos can be used to treat pet allergies, itching and dry skin, as well as digestive disorders. A rooibos bath could also help to soothe common skin ailments that affect dogs, such as eczema.

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.

Rooibozzzzzzz Health

Rooibos could just be the natural antidote to cure our nation's sleep crisis. A study by Stellenbosch University showed that rooibos tea could alleviate stress and anxiety levels, and as a result, aid in a good night's rest. There are two critical compounds found in rooibos which interfere with the production of the stress hormone, cortisol. These are aspalathin and nothofagin – both potent antioxidants.

The lower the levels of cortisol in the body, the higher the likelihood of uninterrupted sleep. Rooibos also contains magnesium and calcium – both minerals which play a role in a good night's sleep. The brain uses calcium to manufacture the sleeping hormone, melatonin, which enhances the quality of your sleep; and magnesium has a calming effect on your nervous system which also promotes deep sleep.

Rooibos Malva Pudding

Rooibos Malva Pudding is a delicious blend of some of South Africa's favourite flavours. This dessert is the perfect end to a braai, and should definitely be made for Heritage Day!

Ingredients: (serve 6-8)

150 g pitted dates, chopped	125 g butter
2 rooibos teabags	2 eggs
2 ripe bananas, mashed	2 1/2 cup flour
1/2 tsp bicarbonate of soda	1 1/2 tsp baking powder
1 cup boiling water	pinch of salt
1/2 cup castor sugar	TO SERVE: icing sugar to dust

Method:

- Preheat oven to 160°C.
- Place dates and teabags in a bowl, sprinkle over bicarb and pour over boiling water to cover. Allow to soak for 10 minutes. Remove teabags, retaining liquid.
- Cream sugar and butter together until light and fluffy. Add eggs, one at a time, beating well after each addition.
- Sift in flour, baking powder and salt. Stir well to combine.
- Add dates along with their soaking liquid and stir to combine. Mix in mashed bananas.
- Spoon batter into a well-greased 20cm loaf tin and bake for 40 minutes.
- When cool, turn cake out of tin and dust with icing sugar before serving.



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 tea steam

Steaming with Rooibos is good for both men and women and will leave your skin looking younger, brighter, and firmer afterwards. The anti-inflammatory and antibacterial properties of Rooibos will ease the discomfort and itch of inflamed or irritated conditions (like blemishes, eczema, rashes, and sunburn. This steam will also reduce and cleanse pores, soothe rosacea and sensitive skin, and help manage excess oil.

You will need:

- 4 - 5 cups just-boiled, clean, fresh water
- A large covered bowl or pot, or you can use a facial steamer, which heats and releases steam directly onto your face during your relaxing Rooibos steam

- 2 or 3 Rooibos teabags or 2 - 3 teaspoons of loose Rooibos tea
- A large, clean, soft bath towel
- A kitchen timer (or some other sort of timer)

Pour the hot water into the bowl, and then add the loose Rooibos or Rooibos teabags. Cover the tea, and let it steep and cool slightly.

When the Rooibos is steaming slightly and still quite warm (but not hot enough to cause a burn!), set the timer for 10 minutes. Drape the towel over your head and tuck it around the bowl, as well, forming a tent to enclose the steam. Close your eyes (and keep them closed) and relax as you enjoy your steam!