

Newsletter June 2019

Rooibos and metabolic diseases

Gut inflammation

Inflammation and barrier dysfunction in the gut may lead to diseases such as Irritable Bowel Syndrome, perforated gut, Crohn's diseases, and even type 2 diabetes and cancer.

The intestine has a special interlocked cell lining which protects the body from toxins being absorbed or leaked from the gut into the body. In a healthy gut, these cells only allow water, minerals, vitamins, amino acids, fat and sugar to go through to the body.

In an unhealthy gut, the interlocked cells are loose, resulting in toxins entering the body and causing inflammation.

A high fat meal also causes the cells to be less tight and have more lipopolysaccharide (LPS) released

which causes inflammation, resulting in make people feeling sick. If the inflammation is not controlled it can also lead to the development of insulin resistance, obesity and type 2 diabetes in the long term.

The result of this study indicated that rooibos has a similar effect to improve the barrier of the interlocking cells as that of anti-inflammatory drugs. The suggestion is that rooibos has a similar protection function to that of anti-inflammatory drugs by preventing the leaking between the cells. The next process will be to find out the exact pathway that Rooibos follows;

and how the anti-inflammatory mechanism of Rooibos functions.

Diabetes & Insulin resistance

In another study, diabetic monkeys were given green Rooibos to drink, which positively affected the microbiota phenotype in diabetic monkeys on a Westernised high fat and sugar diet. The diabetic monkeys presented with improved blood glucose and lipid parameters; as well as an increase in the beneficial bacteria inversely associated with obesity, diabetes, cardiometabolic diseases and low-grade inflammation.



Why 6 cups of Rooibos a day are good for you



FACT 1:

Heart health

The polyphenols in Rooibos can boost the protection of the heart muscle



FACT 2:

Metabolic diseases

The polyphenols in Rooibos helps to protect the intestines from inflammation



FACT 3:

Fat metabolism

The polyphenols in Rooibos assists in breaking down the fatty acids and fatty acid oxidation



FACT 4:

Skin cancer

The polyphenols in Rooibos assists in removing the inflamed and damaged precancerous cells



FACT 5:

Stress

The polyphenols in Rooibos can decrease the production of cortisol and corticosterone



FACT 6:

High cholesterol

The polyphenols in Rooibos can assist to reduce the bad cholesterol and increasing the good cholesterol

GI status of Rooibos

Rooibos is endemic to a small area in the Cederberg mountain range of the Western Cape province, rooibos requires specific climatic and geographical conditions to grow. Rooibos only grows naturally in higher altitudes (200 to 1 000 meters above sea level) and has adapted to survive in the unique geographical conditions of the Cederberg mountain range. The region is predominantly arid, experiences hot, dry summers and cooler, wet winters. It boasts many sandstone rock formations (some of which are up to 500 million years old), and vegetation is a mixture of mountain fynbos and succulent Karoo plants.

The Rooibos industry united around a common cause for the protection of rooibos, and finally, in 2014, the

plant received status as the first geographical indication (GI) for a South African product other than wine and spirits. Rooibos meets all of the requirements for GI protection, as defined in the World Trade Organization (WTO) Agreement on the Trade-Related Aspects of Intellectual Property Rights (TRIPS Agreement): it is only grown in one part of the world and the properties of the plant are a direct result of the unique geographical conditions in which it grows. Furthermore, the knowledge of the rooibos plant and the cultivation expertise is unique to South Africa, as it only occurs here. The plant is truly part of the South African identity, and therefore SARC and the rooibos industry championed for the registration of

rooibos as a GI for the following reasons:

1. GI registration helps protect the name from misuse and imitation, while allowing all those involved in the rooibos industry in the region – from farmers to exporters – to use it without fear of litigation in foreign markets.
2. As the GI links an area to a product, it would be a powerful marketing tool for the region and could be used to promote other activities such as tourism.
3. Rooibos is produced in a fragile ecosystem, and GI registration will help protect the unique biodiversity of the region.

Rooibos and papaya treatment



Rejuvenate a winter skin with Rooibos and fresh papaya. Rooibos contains anti-oxidants which fights off the free radicals, and papaya is rich in enzymes

which remove all traces of dry and flaky skin and leave skin hydrated.

Liquidize papaya with seeds and mix with Rooibos leaves. Use as a face or body mask by leaving the mixture on for 20 minutes and rinse off with Rooibos water.



Rooibos Cream liquor

Cream liquor is just the thing to warm up any winter drink or dessert. Follow this very easy recipe by mixing the following ingredients:

1 x can condensed milk
350ml cold Rooibos made with 3 bags
100ml vodka
Optional: Add cinnamon powder or grated chocolate

Serve suggestions:

- Instead of custard on a baked pudding
- In a shot glass or over crushed ice
- As the top-up on black Rooibos tea

