

The top 8 reasons you need Rooibos in your life... and skincare products

1. Good for your heart

Rooibos contains quercetin. A powerful antioxidant that has been shown to reduce heart disease. Its anti-inflammatory properties reduce blood pressure, and promote an increase in HDL cholesterol (good cholesterol) and inhibit the LDL cholesterol (bad cholesterol) from binding to the walls of arteries and blood vessels.

2. Helps to Regulate Blood Sugar

Rooibos contains aspalathin. A rare antioxidant that reduces stress and helps regulate blood sugar, protecting against diabetes and slows fat production. An excellent defense against the development of Type II Diabetes.

3. Boosts Immunity

Rooibos contains nothofagin. Another rare antioxidant that is an anti-inflammatory that helps reduce the risk of Alzheimer's disease and boosts the immune system.

4. Powerful anti-ageing agent.

Rooibos is one of the few sources of naturally occurring alpha-hydroxy acid which has become very popular in skincare formulations for its ability to reduce wrinkles and signs of premature ageing. It also has anti-aging effects in terms of cognitive ability, because it reduces the impact of oxidative byproducts in neural pathways, stimulating concentration and focus!

5. Assists with treatment of allergies

Recent studies in Japan show that drinking Rooibos helps reduce the symptoms of many seasonal allergies. Its anti-inflammatory properties are the reason it is used as a curative treatment for hayfever, eczema and asthma.

6. Assists in Protection against skin cancer

Skincare products containing rooibos extracts have been shown to protect against early formation of skin cancer and delay the onset of malignant tumours. Dr Tandeka Magcwebeba, who conducted the study as part of her doctorate in Biochemistry at Stellenbosch University says, "Once the skin has been exposed to the sun's ultra-violet (UV) rays, rooibos extracts will remove precancerous, damaged cells and also block the onset of inflammation."

7. Reduces Hypertension

Rooibos is caffeine free and known to relieve stress, nervous tension and hypertensive conditions. It is a bronchodilator, which not only relieves respiratory conditions, but generally reduces blood pressure.

8. Improves Infant Health

Drinking Rooibos while you are pregnant soothes the stomach and lowers stress which is key for proper neurological growth for the fetus. It is also given to infants with colic to help reduce symptoms.

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by
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