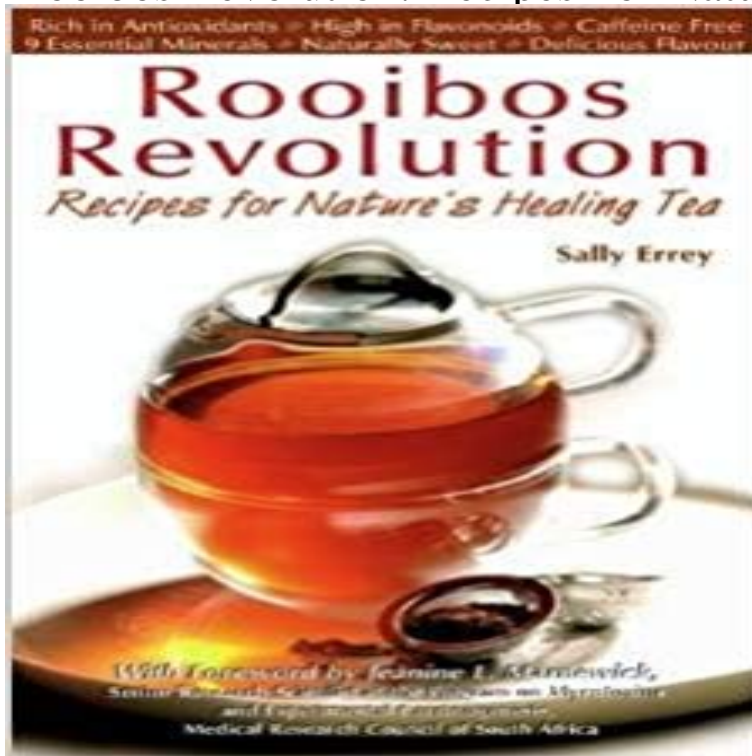


Rooibos Revolution: Recipes For Natures Healing Tea



From high in the wilderness of the Cedarberg Mountains of South Africa, with its pristine water, sunshine and clean air, comes Rooibos tea (pronounced Roy-boss).

The tiny red leaves pack a powerhouse of health benefits and have been used traditionally by the local people to help: - Regulate blood sugar levels - Improve digestion - Calm nerves and improve sleep - Lower allergic symptoms and - Improve skin conditions Modern science is now beginning to show that Rooibos tea is high in antioxidants and flavonoids, both of which have been repeatedly shown to: prevent heart disease and stroke; reduce the risk of cancer and slow the aging process.

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