



## Rooibos Review

### USDA Sites Health Rooibos Benefits

Health benefits of red rooibos tea include cure for nagging headaches, insomnia, asthma, eczema, bone strength, hypertension, allergy, aging and others. The tea is absolutely free from caffeine content and is also low in tannin. You can enjoy the relishing beverage all day long with no possible side effects. Drinking rooibos tea can further ease severe stomach cramps; bring relief to asthmatic and other similar conditions. It also boosts the immune system of human body.

Health benefits of red rooibos tea are abundant. This form of tea is popular due to its great taste, color and health benefits. Rooibos tea or red tea is a herbal medicinal beverage that is acquired from the *Aspalathus linearis* bushy plant that is found in South Africa. According to South African Rooibos Council, rooibos is not a true tea, but a herb. The fermented tea is red in color.

**The US Department of Agriculture** in Washington, DC has affirmed that red rooibos tea is capable of reducing cancer, heart disease, aging and other setbacks.

**Nutritional Value:** Red rooibos tea has no oxalic acid and therefore, it can also be consumed by those people who have kidney stones. Rooibos tea is rich in many mineral contents such as iron, calcium, potassium, copper, fluoride, manganese, zinc, magnesium and alpha hydroxy.

**Benefits:** Red rooibos tea is one of the best health drink or beverage for all those who care for their health and fitness. Some of the beneficial factors related to red rooibos tea are as follows:

**Polyphenols:** Rooibos contains polyphenols that has anti-inflammatory, anti-viral and anti-mutagenic qualities.

**No Caffeine:** Rooibos tea is totally caffeine-free, therefore it is recommended by doctors for insomniacs. A cup of rooibos beverage just before going to bed can help you sleep better.

**Good for Bones:** Red tea is rich in calcium, manganese and fluoride minerals that assist in good bone structure and stronger teeth.

**Infant Relief:** It can be useful for little infants who suffer from colic or stomach pains. You may add some sweetened milk to the tea for added taste.

**Good for Skin:** The alpha hydroxyl acid and zinc contents in red tea are best for skin. You can also try applying some red tea powder directly to the skin to relieve acne, pimples, sunburns or related skin conditions.

**Kidney Stones:** Even people with stone problem can drink as much red rooibos tea as they want as there is no oxalic acid in the beverage.

**Hypertension:** Rooibos tea is said to bring relief to stress, nervous tensions and hypertension conditions.

**Anti-spasmodic Agents:** The tea is rich in anti-spasmodic agents, which eases severe stomach cramps and abdominal pains.

**Allergies:** In many parts of South Africa, red tea is used as an effective curative to treat allergies like eczema, hay fever and allergic bronchitis.

**Slows Aging:** The anti-oxidants present in rooibos tea slows down human aging process and also boost the immunity levels of human body.

**Great Beverage:** Red rooibos tea is an excellent thirst quencher and does wonders for active people such as sportsmen, hyper active children and constant travelers. Most people love to drink rooibos tea in its natural form without any sweeteners.

**Rare Nutrients:** Rooibos tea is said to contain rare nutrient contents such as Quercetin and Bioflavanoid that assists in good blood circulation and obstructs hemorrhaging.