



HEALTHY BEVERAGES

ROOIBOS TEA — Rooibos (Afrikaans: red bush) is a leguminous plant indigenous to the Cedarburg Mountain area of the Cape (South Africa). Originally drunk by the khoi and pastoral “hottentots”. Health Benefits: High levels of the Anti-oxidants, e.g. SOD (superoxide dismutase), bioflavonoids including rutin and quercetin and mineral rich (e.g. iron, zinc, manganese, copper). Specific uses: digestive complaints (e.g. colic (anti-spasmodic), nausea, ulcers, constipation), allergies (e.g. asthma and eczema (including topically)). One of the few herb teas that can be served with milk. Also popular as an ice tea.

NETTLE TEA — Health benefits: Vitamin (e.g. A and C), flavonoid and mineral rich (e.g. iron, magnesium, iodine, potassium). Specific uses: anaemia, heavy periods (pain, blood flow and iron loss), inflammatory conditions (e.g. arthritis, gout), detoxification, allergy (anti-histamine) e.g. hayfever, eczema.

GREEN TEA (GT) — Health Benefits: Rich in anti-oxidant and thermogenic catechins (ECGC est. 100 x vitamin C potency and 25 x Vit E). Specific uses: Female hormonal complaints (e.g. PMS, endometriosis, fibroids (increase detoxification of excess oestrogen by the liver)), weight loss (increases thermogenesis and increases fat oxidation possibly by halting the breakdown of adrenalin and nor adrenalin), cancer prevention and inhibition, cardiovascular disease prevention.

JAPANESE TEA — **Sencha GT** (aids protein/fish digestion, harvest spring, high caffeine), **Hojicha** (developed 1920s, harvest summer, roasted and mixed with volcanic sand), **Bancha** (not roasted, late summer harvest), **Kukicha** (1/10th Sencha caffeine, harvest autumn or winter), **Brown Rice Kukicha** or **Genmai cha** (mixture of green tea and roasted brown rice and sometimes popped corn), **Gyokuru** (best of Japanese teas).

CHINESE TEA — **Chun Mee** or “Precious Eyebrows” (looks like) GT, **Gunpowder** (Pearl — tightly rolled balls resemble pellets of gunpowder), **Lung Ching** (Dragon Well — digestive), **Pi Lo Chun** (Green Snail Spring — hand rolled to resemble snail spirals, absorb fragrance of apricot, peach and plum blossom which shrubs grow amongst).

NO CAF — One of the many coffee substitute cereal beverages on the market. Others: Yannah, Bambu, Barley Cup.