



Newsflash! Hot new miracle health tea

Want more energy?
Protection against cancer?
A super-healthy heart? Then
treat yourself to the new
South African miracle brew
that's amazing scientists

Black and green teas are hot health news lately, thanks to mounting evidence that they can boost the immune system, improve heart health and fight off cancer. But if you really want to reap the benefits, new research shows you should drink *red*.

Ruby-red rooibos (pronounced roy-boss) tea is culled from the leaves of a South African plant and tastes like a sweeter version of regular teas. And while research into its health benefits is still young, evidence already suggests that it can:

● **Fight cancer 50 times better than green tea** Green tea has been hailed as a cancer-fighting superstar, thanks to its high concentration of antioxidants. Scientists have discovered these natural plant chemicals not only shield the body from cancer, they actually kill cancer cells outright. In fact, studies have shown people who drink green tea daily shrink their risk of lung, skin and breast cancers as much as 62%.

But analyses of rooibos tea have revealed it contains 50 times more antioxidant power than green tea!

Rooibos helps ease stress

And scientists now believe it also provides stronger cancer protection than even previous superstars like vitamins C and E.

Experts suggest brewing your rooibos for 10 minutes or longer, since that can increase the antioxidant content of each cup by 30%.

● **Keep your heart and arteries in top shape** The antioxidants in rooibos protect your heart, since they help minimize cholesterol buildup and prevent blood clots. "But it also contains a compound called rutin, which helps regulate blood pressure," explains Daneel Ferreira, Ph.D.

In fact, *Archives of Internal Medicine* reports that four cups of tea daily can lower your risk of heart disease as much as 69%—and studies indicate you can cut your risk of heart attack almost in half with just one cup a day!

Studies also indicate that a flavonoids-rich diet can

make you 73% less likely to suffer a stroke. "And rooibos is one of the best sources of flavonoids we've discovered," says Dr. Ferreira.

● **Give you a caffeine-free energy boost** Even decaffeinated green tea packs 30 mg. of caffeine per cup, and sleep experts say that at least 60% of tea drinkers experience anxiety and insomnia when they drink too much. And, say researchers, the tannins in most teas strip you of up to one-third of your diet's iron, which can leave you with chronic fatigue.

But analyses prove that rooibos contains less than 1 mg. of caffeine per cup, and few tannins. And it's a good source of iron, zinc, calcium and potassium, as well as compounds that ease stress and help you get to sleep faster.

"That makes it the perfect substitute for coffee or black tea," says Dr. Ferreira. "And because it helps you sleep better, you'll feel more energized once you switch!"

—Bethanne Black

Bonus: It may also keep your skin clear and radiant

Preliminary findings suggest that when rooibos is applied topically, it can be a beauty-enhancer.

Almost 70% of acne sufferers in one study reported clearer

skin when they applied it twice a day for several weeks.

Experts recommend brewing a cup of the tea, cooling it and applying to the face with a cotton ball once or twice a day. No rinsing is necessary, and the tea will not stain the skin.



NEXT WEEK: Natural pain relievers that work better than medicine