



How Rooibos can help you thrive this World Health Awareness Month

April marks World Health Awareness Month! During this period, be sure to increase your intake of Rooibos tea. Find out how Rooibos can aid your wellbeing and health below.

According to the Global Organic Tea Markets latest research report in November 2022, the growing consumer preference for safe, chemical-free, and healthy consumables, is one of the most important factors driving market expansion along with a shift in lifestyle and growing demand from the personal care industry. We tell you more below.

We also bring you news about a wellness coach who now recommends Rooibos to all her clients, seeing as it aided her in her impressive weight loss journey.

Read this and more below.

DISCOVER THE BENEFITS OF ROOIBOS THIS WORLD HEALTH AWARENESS MONTH



Every year, April marks the start of World Health Awareness Month. During this period, the aim is to educate people on the essentials of good health, so that more sustainable lifestyles can be pursued in the hope of improving the overall state of human health.

Rooibos has been researched for many years due to its positive impact on the health of those who consume it. Recent studies have suggested that Rooibos can help to curb the onset of cancer, relieve indigestion and help to combat diabetes, among other things.

This World Health Awareness Month, be sure to increase your intake of Rooibos. The recommended daily amount is six cups of tea.

Click [here](#) to read more.

AHEAD OF EARTH DAY 2023, 8TH WONDER TEA RENEWS PARTNERSHIP WITH 1% FOR THE PLANET



8th Wonder Tea renewed its partnership with 1% for the Planet and selected the Mojave Desert Land Trust as the beneficiary – just before Earth Day 2023, which takes place April 22 this year.

1% for the Planet is a global movement inspiring businesses and individuals to support environmental solutions through annual membership and everyday actions.

Offering gut health and immunity in addition to their delicious taste, 8th Wonder is packed with antioxidants, vitamins, minerals, anti-inflammatory properties, and other benefits that may help reduce inflammation throughout the body and the risk of chronic diseases. It also included Rooibos in its range of products!

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Click [here](#) to read more.

ASICS LAUNCHES A NEW ROOIBOS-INSPIRED SNEAKER



The popular global shoe brand, Asics, has recently announced the launch of its new Asics Gel Lyte 3 Rooibos sneaker. The shoe is inspired by traditional Japanese tea ceremonies, but underpinned by the unique colour that Rooibos tea is known for.

The sneaker comes constructed out of recycled textiles and dyed panels that come from the leftover ingredients of Rooibos tea.

The sneaker is set to be available globally in the next 1 - 3 months.

Click [here](#) to read more.

WELLNESS COACH CITES ROOIBOS AS PART OF HER IMPRESSIVE WEIGHT LOSS JOURNEY



Rachael Sacerdoti is a wellness coach with clients all over the world. She recently featured in an interview on Verified News Explorer, where she was asked about her miraculous weight loss journey where she lost 25kg in just a few months.

Speaking with the publication, she mentioned that a regular intake of Rooibos tea, combined with a healthy diet and exercise led to her sustained move to her goal weight. According to her, she now recommends Rooibos as part of all her clients' diets!

Click [here](#) to read more.

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Find out more about Rooibos and the company that introduced this exceptional product to the world, becoming the preferred supplier of Rooibos across the globe. To stay up to date with the latest news from Rooibos Limited, follow us on social media.

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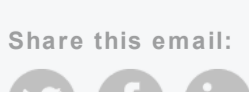


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