



*Discover the wonders of Rooibos  
this World Obesity Month*

World Obesity Month is observed annually during March. In this newsletter, read more about how Rooibos can help to overcome obesity. Find out how this is possible below.

We also bring you a story of a local celeb and her love for Rooibos tea. This passion runs so deep that she started her own tea brand, which incorporates Rooibos.

Looking to slim down this summer? Find out why you should drink Rooibos as part of your weight loss journey.

Read this and more below.

## DISCOVER THE WONDERS OF ROOIBOS THIS WORLD OBESITY MONTH



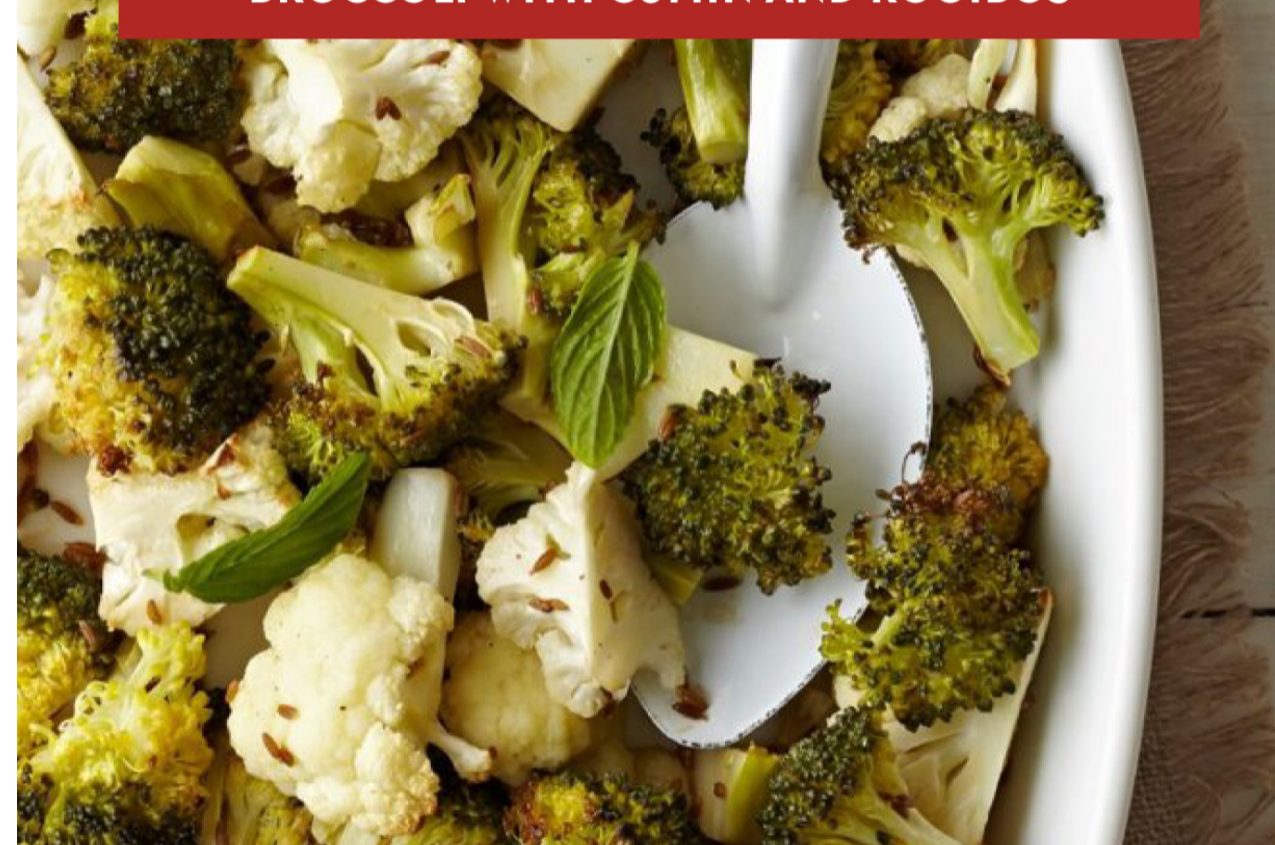
During March, World Obesity Month is observed. The month is meant to draw attention to one of the leading causes of mortality plaguing the modern world.

Rooibos can, however, help to facilitate healthy weight loss in those who drink it. A study led by Dr Hanél Sadie-Van Gijzen, a senior researcher in the Division of Medical Physiology at Stellenbosch University, is investigating this hypothesis.

As a stem cell biologist, she chose to use adipose (fat) stem cells (ASCs) in her research. This is a relatively new method that will provide a much clearer picture of what happens to subcutaneous fat lying under the skin and visceral fat tissue that surrounds organs in the abdominal cavity, as obesity develops and progresses, and in turn, how these fat stem cells respond to green (unfermented) Rooibos.

Click [here](#) to read more.

## RECIPE: ROASTED CAULIFLOWER AND BROCCOLI WITH CUMIN AND ROOIBOS



The roasted flavour of two everyday ingredients combined with cumin makes this a special side dish. A low-carb, low calorie veggie to fill your plate with.

### Ingredients:

- 300g of broccoli, cut into florets
- 300g of cauliflower, cut into florets
- Two tablespoons of olive or canola oil
- Lemon juice and black pepper to taste
- Two teaspoons of cumin seeds or one tablespoon of ground cumin
- ¼ cup of Rooibos tea
- A handful fresh mint or parsley

### Method:

1. Preheat the oven to 200°C. Place veggies in a large bowl with the rest of the ingredients, except the mint or parsley.
2. Toss to coat the veggies with the seasonings and place in a large oven dish.
3. Roast for 15 to 20 minutes or until just cooked. Stir in fresh herbs and serve hot or at room temperature.
4. Serve as a green veggie with pan-fried, grilled or roasted fish, chicken or meat of your choice.

Enjoy a big portion of this side and add a moderate portion of another starchy side dish. Choose any of the recipes from the side dish section.

Click [here](#) to read more.

## LOCAL CELEB DITSHEGO SEDIKELA SHARES HER LOVE FOR ROOIBOS



Photo: Get It Magazine

In a recent interview with Get It Magazine, local celeb and media personality Ditshego Sedikela shared her love for tea. Among her line-up of go-to hot drinks, Rooibos features prominently.

In fact, she loves Rooibos and the wonders of tea so much that she started her own tea brand called Tlou Teas. The line incorporates Rooibos in its unique blends which offer many health benefits to those who drink it.

Click [here](#) to read more.

## ROOIBOS IS THE PERFECT DRINK FOR SUMMER WEIGHT LOSS



Looking to get in shape as the peak summer season makes its way through the country? Rooibos was recently mentioned as a good addition to any weight loss program in an article on the website, Big Yack.

Rooibos is known to boost the body's fat metabolism, which is beneficial for those looking to lose weight. It is also one of the best drinks to enjoy to ensure proper hydration.

Click [here](#) to read more.

## CAPE GRACE OFFERS ROOIBOS ICED TEA THAT IS A MUST-TRY!



The popular Cape Town Etc website has recently released a new article that encourages travellers to treat themselves to a stay at the luxurious Cape Grace Hotel.

The hotel has been frequented by celebrities and well-established business people alike, making it a true iconic accommodation option in Cape Town. The article specifically mentions that all guests must try the hotel's Rooibos iced tea. According to the reporter, this iced tea is made to perfection and showcases local flavours to international guests.

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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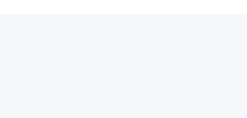
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