

SEPTEMBER 2021

Inflammation,
friend, or foe.
(pg.1)

Herb of the
month: Red
Rooibos Tea.
(pg.2)

Organic
Remedies:
Herbal resource.
(pg.3)



ORGANIC REMEDIES HERBAL OVERVIEW: INFLAMMATION

When the body detects an intruder, it launches a biological response to try to remove it. The perceived attacker could be a foreign body, such as a thorn, or an irritant, or a pathogen. A pathogen could be bacteria, a virus, or any other organisms which could cause infections. Sometimes, the body mistakenly perceives its own cells or tissues as harmful. This reaction can lead to autoimmune diseases.

The point to be made is that inflammation involves our body protecting itself from harm. Our habits, diet, thought processes all influence how our body perceives inflammation.

Refined foods, such as cookies, cakes, white bread, and sweets, increase **blood sugar levels** and may lead to bacterial overgrowth in the gut, which in turn causes inflammation.

How you eat, your physical activity, how you deal with stress, all play a part in this inflammatory issue. It takes time, effort, and consistency to overcome issues that affect our health. It's a journey. We at Organic Remedies can help by providing herbal products to help with the adjustment.

RED ROOIBOS TEA



THE BENEFITS OF 'RED ROOIBOS' TEA

Rooibos tea is anti-inflammatory in nature, which means that it assists in reducing blood pressure and scavenges free radicals similarly to other antioxidants. Rooibos is not a true tea, but an herb.

Red Rooibos is Rich in Antioxidants making it a great beverage to boost your immune system and protect your body against all types of diseases. A South African study conducted suggests that regularly drinking organic Red Rooibos tea provides the liver with potent antioxidants. Antioxidants act as scavengers of free radicals throughout the body, which are detrimental byproducts of cell metabolism that can cause heart diseases.

The tea also promotes an increase in HDL cholesterol (good cholesterol) and inhibits LDL cholesterol (bad cholesterol) from binding to the walls of arteries and blood vessels.

Red Rooibos tea is rich in fluoride minerals, calcium, and manganese, all of which assist in maintaining good bone structure and stronger teeth. By increasing the bioavailability of minerals in your system, you can reduce your chances of developing conditions like arthritis, osteoporosis, and chronic joint pain

In many parts of South Africa, Rooibos herbal tea is used as an effective way to treat allergies like eczema, hay fever, and allergy-related bronchitis.

This tea is a rich source of antispasmodic agents, which can ease severe stomach cramps and abdominal pains.



LET ORGANIC REMEDIES BE YOUR HERBAL RESOURCE

At Organic Remedies you have so many ways to help improve your health.

We have herbal teas' which we have formulated to address conditions such as indigestion, body detox cleansing, help with sleeping, anxiety, cognition, and other everyday concerns.

We also offer a topical line of healing butters that address more chronic issues such as gout, Joint pain, nerve pain, back pain, endometriosis, eczema, and other chronic issues.

Another offering is our salves which we refer to as our home first aid product line. These are designed for bug bites, sprains, scrapes, minor burns, rashes etc.

We also sell small bulk herb packs for those who need small amounts of organic herbs.

In addition, we make specialized herbal formulations for those who may want a particular formula. Be it in the form of a tea, or bulk herb blend. Just ask us about our personalized herbal services.

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