

The Rooibos Connection



Rooibos Relief for Allergy Sufferers



Summer is on its way, bringing with it the dreaded hayfever season - runny noses, nasal congestion, itchy eyes and skin irritation. The good news is Rooibos and Annique's products are here to bring relief.



FOREVER HEALTHY

the optimum balance between science and nature

Many Rooibos lovers have found that they can use their favourite herb in a number of ways to treat the symptoms of allergies. Some suggestions include:

- To help alleviate runny noses and hay fever simply take lukewarm Rooibos tea in the cup of your hands and slowly draw the liquid into your sinuses, hold it for a few seconds, release it and gently blow your nose.
- Treat itchy and sensitive eyes to a rinse with lukewarm Rooibos. Dab eyes gently with a face-cloth soaked in lukewarm Rooibos for instant relief from irritated eyes. Alternatively, you can also hold cold Rooibos tea bags over your eyes to relieve your tired or red eyes.
- Eczema and itchy or burning skin can be soothed by adding a few Rooibos tea bags to your bath water, by rinsing the affected skin areas in brewed Rooibos tea, or by applying the cooled Rooibos on the affected area with cottonwool or a facecloth.
- By going the natural route you can save money on expensive medications, and because it is gentle and nontoxic, it is safe for children to use, making it the perfect allergy solution for your whole family.

Try these **Forever Healthy** products to curb allergies:

Probiotics

Consuming probiotics can help boost your inner ecosystem and your immunity. Research shows that they can have a very positive — and very significant — effect on allergic rhinitis symptoms. Not only do studies suggest that allergic rhinitis sufferers who take probiotics enjoy a greater quality of life overall than those who do not, but there is also evidence to suggest that probiotics could reduce the number of allergic rhinitis episodes experienced each year, thereby reducing the need for traditional treatments.

OptiFlora 30 Vegi Caps



Vitamin C is the most important anti-allergy vitamin. It is a powerful promoter of a strong immune system, immediately calms down allergic reactions and is also anti-inflammatory.

OptiC 30 softgel capsules