

# Bye-Bye Water Retention Rooibos & Butcher's Broom

Butcher's Broom is a small, indigenous shrub native to Western Europe. Its name originates from the fact that butchers used to bundle its branches to sweep clean their chopping boards. It contains a variety of medicinal chemicals, including flavonoids and has a long history of use in herbal therapy.

It is often used to treat symptoms of poor blood circulation like pain, heavy, swollen, or cramping legs and varicose veins.

Butcher's Broom is also helpful in the treatment and prevention of haemorrhoids (swollen and inflamed veins in the rectum and anus that cause discomfort). Both men and women can suffer from haemorrhoids, but the condition is more prevalent in women. It affects about half of the population of people over 50.

**What causes this condition?**

- Age: The vein valves that aid in controlling blood flow deteriorate with age
- Obesity
- Sitting or standing for prolonged periods of time

**Who will benefit?**

**People with:**

- Haemorrhoids
- Chronic inflammation
- Varicose veins
- Poor blood circulation

**Unique Selling Points:**

- Contains natural herbs
- Affordable
- Easy and convenient
- Tastes great

**Directions of use:**

- Not recommended for children younger than 18 years
- Not suitable for children, pregnant women, and nursing mothers
- Drink up to three cups a day

**Important Note:**

People who are taking kidney or blood pressure medication should consult their doctor before using Butcher's Broom because it may interact with these drugs.

## Benefits



May be used to treat poor blood flow. Helpful when legs are swollen, heavy and or painful.



**Helps lower inflammation:** Your body uses inflammation as a natural defence mechanism against infection and a means of self-healing. Chronic inflammation develops when acute inflammatory mechanisms fail to heal tissue damage. It can cause a variety of illnesses, including cancer, atherosclerosis, type 2 diabetes, rheumatoid arthritis, cardiovascular disease, and atherosclerosis.



Helps protect arteries



Diuretic (boosts urine production so the body can get rid of extra fluids) to alleviate water retention

Helps improve varicose veins



Helps lower haemorrhoid risk

Rooibos & Butcher's Broom Tea 50g



Butcher's Broom is a small shrub native to Western Europe and the most has been used in herbal medicine for more than a thousand years. It is a natural diuretic, helping to prevent water retention and is commonly used to improve blood circulation which may help with reducing leg cramps, swelling and painful legs. It has natural anti-inflammatory benefits and may be effective in preventing cellulite and haemorrhoids.

Rooibos is made from the Aspalathus linearis plant that only grows in the Cederberg Mountain region in the Western Cape South Africa. This exceptional herb contains caffeine free compounds and a high concentration of natural antioxidants and phytonutrients.

# Suppress Your Appetite with Rooibos & Fenugreek

A native of Eurasia and Africa, fenugreek is a legume. Its seeds and leaves are equally valuable, and the plant itself is consumed as a vegetable. It has been used for thousands of years in traditional and Chinese medicines to soothe many ailments.

The combination of Rooibos and fenugreek provide weight loss and breastmilk production benefits and can soothe menstrual and menopause related ailments.

## Benefits



Promotes weight loss by suppressing the appetite and increasing feelings of fullness



Can aid in naturally inducing childbirth: At or after the forty-week mark, taking excessive dosages of fenugreek will cause the uterus to start contracting



Helps reduce blood cholesterol



Counters heartburn/acid reflux: Fenugreek contains mucilage, which coats the gut and stomach and calms irritable gastrointestinal tissue



Helps those with diabetes by lowering blood sugar levels and enhancing glucose tolerance

Can boost a breastfeeding woman's milk production



Aids in the reduction of menstrual discomfort by enabling more comfortable menstrual release



Lowers heart disease risk by boosting the heart's antioxidant levels and strengthens the heart's tissues



Boosts testosterone and libido in men



### Who will benefit?

- Individuals who want to lose weight
- Breastfeeding mothers who have difficulty feeding their infant adequate milk
- Women experiencing menopause and menstruation pain
- Those struggling with heartburn/acid reflux

### Unique Selling Points:

- Contains natural herbs
- Affordable
- Easy and convenient
- Tastes great

### Directions of Use:

- Not recommended for children younger than (2) years. If consumed in moderation, fenugreek tea is perfectly healthy for kids. However, giving kids high doses is not recommended.
- Pregnant and breastfeeding women need to consult their healthcare practitioner before drinking Rooibos & Fenugreek tea
- Drink up to three cups a day

### Important note:

Fenugreek can reduce most metabolic symptoms connected to both type 1 and type 2 diabetes in people by lowering blood sugar levels and enhancing glucose tolerance. Please consult your health care practitioner if you are using diabetes or blood sugar lowering medication.



Rooibos & Fenugreek Tea 50g

