

Bev Hack: A happy and healthy Rooibos drinker

Bev Hack, who resides in South Caulfield in VIC and originally hails from South Africa, has been drinking Rooibos Tea for over 20 years. She began drinking it after discovering Rooibos' myriad of health benefits, particularly for pregnancy.

"I first heard about Rooibos when I was pregnant with my first child and have been drinking it ever since. Now I have five children and one granddaughter and I'm still drinking it," she said.

Aside from the health benefits, Bev loves the flavour of the tea and the fact that it is naturally caffeine-free.

"I love the taste of Rooibos and always serve it hot with milk which works as a great alternative to coffee," she continued.

Bev drinks [Vital Organics Rooibos Tea](#) as part of her commitment to living a healthy lifestyle which includes regular walking and an 'everything in moderation' philosophy to eating.



