



CANCER BUSH TEA & MATCHA POWDER

Information & Recipe Booklet

Our Story — From Our Land to Your Hand

Every product we create begins with a dream.

What started as a passion for living a healthier, more natural life and growing our own food and medicinal plants has become a beautiful reality. For many years, owning our own farm was a dream in our hearts. Today, that dream is alive, and we are privileged to share its harvest with you.

At Lady Rose, we believe that exceptional products begin with healthy soil. We don't simply grow plants — we restore the land they grow in. We farm with integrity, patience, and care, working in partnership with nature rather than against it.

Our crops are grown without harmful chemicals, because we believe that what goes into the soil eventually finds its way into the product you hold in your hands. Healthy soil produces healthy plants, and healthy plants produce exceptional natural products.

One of the ways we care for our land is by farming our own earthworms. Their nutrient-rich vermicast and natural worm tea are used to nourish our soil and feed our plants, enriching them naturally while supporting a thriving ecosystem. This regenerative approach helps us cultivate crops with exceptional quality and botanical value.

Every step of our process is carefully managed by us — from selecting the seed to planting, nurturing, harvesting, drying, blending, and packaging. This complete Seed to Seal journey gives us full traceability and allows us to ensure that every product meets the highest standards of quality, purity, and care.

When you choose Lady Rose, you are choosing more than a natural product. You are supporting a family dream, regenerative farming, sustainable practices, and a commitment to producing botanical products with honesty and excellence.

Farm Grown with Integrity and Care.

Traceability from Seed to Seal.

From Our Land to Your Hand.

Thank you for being part of our journey. It is an honour to share the harvest of our farm with you.

From Our Farm

A glimpse of the land where every leaf begins its journey — the mountains and valley that shelter our fields, and the Cancer Bush plants themselves, from tender seedling to flowering shrub.



The valley and mountains surrounding our farm



A young Cancer Bush seedling



Cancer Bush in flower, field-grown

Lady Rose Cancer Bush Tea & Powder

Nature's Gift from South African Soil

At Lady Rose, our Cancer Bush (*Lessertia frutescens*, formerly *Sutherlandia frutescens*) is lovingly cultivated on our own farm using regenerative farming practices. Every plant is grown without harmful chemicals and carefully harvested to preserve its natural goodness. From Seed to Seal, we ensure complete traceability, purity, and quality in every cup and every spoonful.

For centuries, Cancer Bush has been treasured by the indigenous people of Southern Africa as one of the country's most valued medicinal plants. Early Cape botanists documented its use as far back as the 1800s, and it has long been prepared as a bitter medicinal tea, taken to help ease everyday strain on the body and to support recovery during periods of illness. Today, modern scientific research is helping to explain why this remarkable plant has earned such a respected place in traditional herbal medicine.

A Legacy Passed Down Through Generations

Long before laboratories took an interest, Cancer Bush was already a trusted household remedy across Southern Africa. Indigenous and rural communities turned to it as a general tonic — something taken during hard times to help the body cope, to settle the stomach, to soothe irritated skin, and to help restore appetite and vitality in those who were run-down or unwell. This deep well of traditional knowledge is what first drew scientific researchers to study the plant more closely.

Rich in Natural Plant Compounds

Cancer Bush naturally contains a wide variety of beneficial plant compounds, including:

- Powerful antioxidants and flavonoid glycosides
- L-canavanine, a naturally occurring amino acid
- D-pinitol, a plant sugar alcohol
- GABA (Gamma-Aminobutyric Acid)
- Sutherlandiosides and other cycloartenol glycosides
- Oleanane-type saponins
- Essential amino acids, fatty acids and plant sterols

Researchers consider compounds such as D-pinitol, L-canavanine, GABA, and sutherlandioside B to be among the key contributors to the plant's wide-ranging biological activity. These compounds work together to support the body's natural balance and resilience.

Traditionally Used To Support

- Healthy immune function
- The body's natural inflammatory response
- Healthy blood sugar balance
- Stress resilience and emotional wellbeing
- Energy and vitality
- Healthy digestion
- General wellness and recovery after illness
- Antioxidant protection against oxidative stress

Many people also enjoy Cancer Bush simply as a nourishing daily wellness tea.

What Does the Research Show?

Scientists have been studying Cancer Bush for more than two decades, and a growing body of peer-reviewed research has since built on generations of traditional use. Laboratory and animal research has demonstrated promising:

- Antioxidant activity
- Anti-inflammatory effects
- Immune-modulating properties
- Antidiabetic potential
- Neuroprotective effects
- Antimicrobial activity
- Anti-stress (adaptogenic) properties

In laboratory (in vitro) studies, extracts of Cancer Bush have shown a dose-dependent effect on the growth of several human tumour cell lines, and researchers have also observed measurable antioxidant activity in these extracts, comparable to that of established antioxidant compounds. However, these findings come primarily from laboratory research, not from studies in cancer patients. At present, there is not enough clinical evidence to conclude that Cancer Bush can prevent, treat, or cure cancer in people, and it should never replace medical treatment prescribed by a healthcare professional.

Clinical Studies

A randomised, double-blind, placebo-controlled pilot trial conducted at a South African hospital gave healthy adults Cancer Bush leaf powder capsules over several weeks to assess its safety. The trial found the plant to be well tolerated, with no significant adverse changes to blood, biochemical, or physical health markers — supporting earlier animal research that had reached similar conclusions, even at doses considerably higher than those typically recommended.

Separately, small clinical observations in cancer and HIV/AIDS patients have reported benefits such as improved appetite, reduced fatigue, and better overall wellbeing during illness, alongside longstanding traditional reports that the plant helps ease anxiety and lift mood. The South African Medical Research Council has affirmed the safety of Cancer Bush decoctions, infusions, and tinctures when used appropriately. That said, researchers are consistent in noting that larger, well-controlled clinical trials are still needed to confirm many of the plant's potential health benefits.

A Word on Safety

Cancer Bush is generally well tolerated when enjoyed as a tea or taken at recommended doses. As with any herbal product, laboratory research suggests it may interact with certain medications — including some antiretroviral drugs and other medicines processed by the liver. If you are pregnant, breastfeeding, on chronic medication, or currently undergoing medical treatment, please consult your healthcare provider before adding Cancer Bush to your routine.

Tea or Powder — Which Should I Choose?

Cancer Bush Tea

- A gentle daily herbal infusion
- Perfect for supporting everyday wellness and hydration
- Enjoy hot or cold

Cancer Bush Powder

- Made from finely milled whole leaves
- Can easily be added to smoothies, juices, yoghurt, oats, soups, or capsules

- Provides the convenience of using the whole botanical in a variety of ways

From Our Farm to Your Home

- Farm grown with integrity and care
- No harmful chemicals
- Regeneratively cultivated soil
- Naturally nourished using our own earthworm tea and compost
- Carefully harvested and dried to preserve quality
- Complete traceability from Seed to Seal

Lady Rose – From Our Land to Your Hand.

Recipe Ideas — Cancer Bush Tea & Matcha Powder

Naturally Nourishing. Wonderfully Versatile.

Lady Rose Cancer Bush (*Lessertia frutescens*) is proudly grown on our farm using regenerative farming practices and carefully harvested to preserve its natural goodness. Whether enjoyed as a comforting herbal tea or added as a matcha powder to your favourite recipes, Cancer Bush is a delicious way to enjoy one of South Africa's most treasured botanicals.

Cancer Bush Tea Recipes

 Classic Cancer Bush Tea

A simple, nourishing cup enjoyed any time of the day.

- 1 Lady Rose Cancer Bush Tea Bag (or 1–2 teaspoons loose tea)
- 250 ml freshly boiled water

Steep for 5–8 minutes. Enjoy on its own or sweeten with raw honey.

 Sunrise Wellness Tea

A refreshing morning blend.

- Cancer Bush Tea
- Fresh lemon slices
- Ginger
- Honey

 South African Botanical Blend

- Cancer Bush Tea
- Rooibos Tea
- Cinnamon stick
- Orange peel

A rich, naturally caffeine-free herbal infusion.

 Cancer Bush & Rose Geranium Tea

A calming floral blend.

- Cancer Bush Tea
- Rose Geranium Tea
- Honey

Perfect for winding down after a busy day.

 Immune Wellness Tea

- Cancer Bush Tea

- Fresh turmeric
- Ginger
- Lemon
- Honey

A comforting botanical tea full of natural goodness.



Summer Botanical Iced Tea

Brew your tea double strength. Serve over ice with:

- Fresh mint
- Lemon
- Orange slices

A refreshing summer drink.



Sparkling Herbal Refresher

Mix chilled Cancer Bush Tea with:

- Sparkling water
- Lime juice
- Cucumber ribbons
- Fresh basil

Light, refreshing and naturally caffeine free.

Cancer Bush Matcha Powder Recipes



Cancer Bush Wellness Latte

- 1 teaspoon Lady Rose Cancer Bush Matcha Powder
- 50 ml warm water
- 250 ml warm oat, almond or dairy milk
- Honey to taste

Whisk until smooth and creamy.



Green Superfood Smoothie

Blend together:

- 1 teaspoon Cancer Bush Matcha
- Banana
- Apple
- Spinach
- Pineapple
- Coconut water



Morning Yoghurt Bowl

Mix into Greek yoghurt:

- ½ teaspoon Cancer Bush Matcha
- Granola
- Mixed berries
- Pumpkin seeds
- Honey



Superfood Overnight Oats

- Rolled oats
- Almond milk
- Chia seeds
- ½ teaspoon Cancer Bush Matcha
- Cinnamon
- Honey

Leave overnight and enjoy for breakfast.



Cancer Bush Energy Balls

Blend:

- Dates
- Almonds

- Rolled oats
- Coconut
- Cancer Bush Matcha

Roll into bite-sized snacks.



Cancer Bush Pancakes

Add one teaspoon of Matcha Powder to your favourite pancake recipe. Serve with:

- Greek yoghurt
- Honey
- Fresh berries



Green Botanical Muffins

Add 1–2 teaspoons of Cancer Bush Matcha Powder to wholemeal muffin batter with apple, cinnamon, or carrot for a nutritious botanical twist.

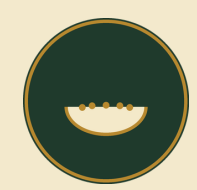


Cancer Bush Hummus

Blend into homemade hummus:

- Chickpeas
- Olive oil
- Lemon juice
- Garlic
- Tahini
- 1 teaspoon Cancer Bush Matcha

Perfect as a healthy dip.



Wellness Soup

Stir one teaspoon of Cancer Bush Matcha Powder into butternut, pumpkin, or vegetable soup just before serving to retain its natural goodness.



Green Detox Dressing

Whisk together:

- Olive oil
- Lemon juice
- Dijon mustard
- Honey
- ½ teaspoon Cancer Bush Matcha

Delicious over fresh salads and roasted vegetables.

More Ways to Enjoy Cancer Bush Matcha

Our finely milled Matcha Powder can also be added to:

- Smoothies and smoothie bowls
- Chia pudding
- Protein shakes
- Homemade bread and crackers
- Pasta dough
- Salad dressings and pesto
- Vegetable dips
- Homemade herbal capsules

From Our Land to Your Hand

Every Lady Rose Cancer Bush product is grown with integrity, patience, and care on our own farm. Our plants are naturally nourished using our own earthworm compost and worm tea, grown without harmful chemicals, and carefully harvested to preserve their quality and botanical value.

From Seed to Seal, every cup and every spoonful reflects our commitment to sustainable farming, exceptional quality, and the healing beauty of nature.

Farm Grown with Integrity and Care

Traceability from Seed to Seal

Lady Rose – From Our Land to Your Hand

Wholesale, Bulk Supply & Manufacturing

Lady Rose is proud to be a bulk supplier and manufacturer of our own finished botanical products. From growing and harvesting on our own farm to processing, blending, and packaging, we manage the complete journey from Seed to Seal. We welcome enquiries from retailers, distributors, and trade partners interested in bulk raw material or finished, ready-to-market products.

Get In Touch

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