

POPULAR MEDIA PUBLICATIONS

- Opinion piece on the evidence for the usefulness of tea in glycemc control (emanated from our systematic review listed below):

<https://www.health24.com/Diet-and-nutrition/News/opinion-can-tea-really-lower-your-blood-sugar-20201020>

- Newspaper article on the dangers and lack of efficacy of the hCG diet:

<https://www.timeslive.co.za/ideas/2020-11-17-this-quack-diet-is-a-waste-of-money-and-potentially-harmful-doctors/>

- Rooibos: South Africa's wonder tea or just a regular brew?

<https://www.dailymaverick.co.za/article/2021-04-27-rooibos-south-africas-wonder-tea-or-just-a-regular-brew/>

-OPINION | Which herbal medicines can REALLY help you lose weight?

<https://www.news24.com/health24/diet-and-nutrition/weight-loss/opinion-which-herbal-medicines-can-really-help-you-lose-weight-20210604>