

# STEVIA

## A NATURAL SWEETENER

Compiled by  
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(Stevia Leaves)

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(This material has been compiled from various unverified sources)

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### **IMPORTANT**

**The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.**

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### **Introduction**

Stevia is a plant genus of 240 different species of herbs and shrubs, belonging to the sunflower family (Asteraceae), and found naturally in many areas from South to North America. The *Stevia rebaudiana Bertoni* is grown and used as a sugar or artificial-sweetener substitute, and has been used as such for centuries in in Brazil and Paraguay.

Bertoni, an Italian Swiss-born scientist discovered Stevia in Paraguay in 1887, when local chemists told him about the sugar-tasting plant. In Paraguay and Brazil the plant had a long history of medicinal use; and several years later Bertoni received some Stevia through a customs officer. This sample enabled him to communicate its discovery to the scientific community in 1899.

In 1908 in Germany, P. Rasenack isolated the sweetening component "stevioside".

French researchers Bridel and Lavielle published 8 articles in the Newspaper of Pharmacy and Chemistry in 1931 on stevia and its properties.

Later in the 1930s Pomaret and Lavielle demonstrated that the human body did not absorb steviosides and rebaudiosides when they are ingested by the consumption of stevia. This important discovery demonstrated that these sweetening agents do not bring a single calorie to the body.

In the 1950s in post-war Japan the demand for rice went dramatically down. Consequently, the Japanese looked for a viable alternative and found stevia. Resources were freed in 1954 to lead studies of toxicology and to the extraction of the sweetening compounds in stevia. The Japanese progressed very quickly in the control of the process of manufacturing and research of stevia.

Rebaudioside A is extracted from the leaves of the plant - this is a naturally occurring sweetener, 25-30 times sweeter than sugar, is calorie-free, and has a zero glycemic index.



Refined Steviosides and Rebaudiosides are the sweetest form of Stevia and are available as a semi-white powder form, or as a clear liquid made by adding the powder to water and a preservative. Stevia powder may be added directly to food and beverages but in very small amounts (Stevia is very sweet). The liquid version should be used drop by drop.

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### Sugar/Stevia Equivalences

Use the following chart to evaluate how much stevia is needed to substitute sugar in recipes.

Sugar	Sweetleaf Stevia Packets	Sweetleaf Sweetener Powder	SteviaClear® Liquid Stevia
1 tsp	1/2 packet	1/4 tsp	2 to 3 drops
2 Tsp	1 packet	1/2 tsp	4 to 6 drops
1 Tbsp	1-1/2 to 2 packets	3/4 tsp	6 to 9 drops
1 cup	18 to 24 packets	1-1/2 to 2 Tbsp	1 tsp
2 cups	36 to 48 packets	3 to 4 Tbsp	2 tsp
Sugar	Stevia Extract Powder	Stevia Concentrate Dark Liquid	Honeyleaf® Stevia Leaf Powder
1 tsp	N/A	4 to 6 drops	N/A
2 tsp	N/A	8 to 12 drops	N/A
1 Tbsp	N/A	1/8 tsp	1/4 tsp
1 cup	1/3 to 1/2 tsp	1 Tbsp	1-1/2 to 2 Tbsp
2 cups	2/3 to 1 tsp	2 Tbsp	3 to 4 Tbsp

#### Note:

Equivalencies are approximate; consequently, adjust to your personal taste - too much Stevia may taste bitter. When substituting Stevia for sugar in your own recipes you may have to adjust for the bulk. Try adding applesauce, apple butter, or plain yogurt.

Stevia is sold in the United States as a nutritional supplement and not as a sweetener or food additive. In the European market the European Commission has classified Stevia as a non-caloric sweetener.

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## Side Effects

There are NO confirmed negative side effects of Stevia, and the United States FDA has released a non-toxicity recognition statement for Stevia, ensuring it is safe to use.

Additionally, the European Commission has authorized the use of steviol glycosides as a non-caloric sweetener in the European market.

Following extensive research, Dr. Daniel Mowrey MD, Herbalist and scientist, reported:

*"More elaborate safety tests were performed by the Japanese during their evaluation of Stevia as a possible sweetening agent. Few substances have ever yielded such consistently negative results in toxicity trials as have Stevia. Almost every toxicity test imaginable has been performed on Stevia extract [concentrate] or stevioside at one time or another. The results are always negative. No abnormalities in weight change, food intake, cell or membrane characteristics, enzyme and substrate utilization, or chromosome characteristics. No cancer, no birth defects, no acute and no chronic untoward effects. Nothing."*

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## Health Benefits

Stevia is sold in some South American countries to aid diabetics and hypoglycemics. Additionally, research has indicated that a whole leaf concentrate has a regulating effect on the pancreas and helps to stabilize blood sugar levels. Stevia is therefore of benefit to people with diabetes, hypoglycemia, and Candidiasis.

Stevia concentrate tablets are available for those who want the medicinal benefits of Stevia concentrate in an easy to swallow tablet form.

Other traditional uses of stevia include:

- Acts as a general tonic which increases energy levels and mental acuity
- Anti-bacterial
- Concentration stimulator
- Dermatitis
- Digestive aid that also reduces gas and stomach acidity
- Eczema
- Lowers elevated blood pressure (hypertension)
- Obesity and weight loss - contains no calories and reduces craving for sweets and fatty foods
- Quicker recovery from minor illness
- Regulates blood sugar and brings it toward a normal balance
- Retards hair greying
- Seborrhoea
- Soothes upset stomachs
- Stevia enhanced teas help to reduce the desire for tobacco and alcoholic beverages
- Tooth decay and gum disease (mouthwash)



Stevia has been shown to inhibit the growth and reproduction of bacteria that cause gum disease and tooth decay, thus making it an excellent addition to tooth pastes and mouthwashes.

Many people have reported improvement in their oral health after adding stevia concentrate to their tooth paste and using it, diluted in water, as a daily mouthwash.

Stevia is useful in healing a number of skin problems. Whole stevia concentrates may be applied as a facial mask to soften and tighten the skin and smooth cut wrinkles.

Smooth the dark liquid over the entire face, allowing it to dry for at least 30-60 minutes. A drop of concentrate may be applied directly to any blemish, acne outbreak, lip or mouth sore.

Stevia concentrate is also effective when used on seborrhoea, dermatitis, and eczema.

Stevia chewing gum can help to protect teeth and promote dental gum and oral health

Reportedly, cuts and scratches heal more rapidly when stevia concentrate is applied.

Stevia concentrate added to soap eliminates dandruff and other scalp problems and improves the health and lustre of the hair, also helping to retain natural hair colour.



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### Stevia as a Dietary Supplement

The following interesting information is given verbatim and comes from:

[http://www.stevia.com/Stevia\\_article/Stevia\\_Sweetener\\_of\\_Choice\\_for\\_Future\\_Generations/2413](http://www.stevia.com/Stevia_article/Stevia_Sweetener_of_Choice_for_Future_Generations/2413),

*The vast majority of reported health benefits, both from the research laboratory and consumer experience, comes from daily use of a water based whole leaf Stevia concentrate. Scientific research has indicated that Stevia effectively regulates blood sugar and brings it toward a normal balance. It is sold in some South American countries as an aid to people with diabetes and hypoglycemia. Since its introduction into the US, numerous people have reported that taking 20-30 drops with each meal brought their blood glucose levels to normal or near normal within a short time period. Obviously each individual's condition is different and such experimentation should be done under the supervision of a qualified physician. An important benefit for hypo-glycemics is Stevia's tonic action which enhances increased energy levels and mental acuity.*

*Studies have also indicated that Stevia tends to lower elevated blood pressure but does not seem to affect normal blood pressure. It also inhibits the growth and reproduction of some bacteria and other infectious organisms, including the bacteria that cause tooth decay and gum disease. This may help explain why users of Stevia enhanced products report a lower incidence of colds and flu and why it has such exceptional qualities when used as a mouthwash or added to toothpaste. Many people report significant improvement in oral health after adding Stevia concentrate to their toothpaste and using it, diluted in water, as a daily mouthwash.*

*Stevia is an exceptional aid in weight loss and weight management because it contains no calories and reduces one's craving for sweets and fatty foods. Hunger sensations are lessened when 10 or 15 drops are taken 20 minutes before meals. Preliminary research data indicates that Stevia may actually reset the hunger mechanism in people where the pathway between the hypothalamus and the stomach has become obstructed. If so, Stevia would help people to feel satiated sooner, helping them to eat less.*



*Other benefits of adding Stevia to the daily diet include improved digestion and gastrointestinal function, soothed upset stomachs and quicker recovery from minor illness. Users have also reported that drinking Stevia tea or Stevia enhanced teas helped to reduce their desire for tobacco and alcoholic beverages.*

*Stevia concentrate tablets are available for those who want the medicinal benefits of Stevia concentrate in an easy to swallow tablet form.*

### **Stevia for Exceptional Skin Care**

*Water based whole leaf Stevia concentrate offers several exceptional benefits when used regularly in skin care. When applied as a facial mask it effectively softens and tightens the skin, smoothes out wrinkles and helps to heal various skin blemishes including acne.*

*One simply smoothes the dark liquid over the entire face, allowing it to dry for at least 30-60 minutes. As it dries you will feel the skin tightening. A drop of the concentrate may be applied directly on any blemish, acne outbreak, lip or mouth sore.*

*People report success from applying Stevia to a variety of problem skin conditions. Stevia concentrate is also effective when used on seborrhea, dermatitis and eczema. Reports indicate that when a few drops of the concentrate are placed in cuts and scratches there is a more rapid healing of the wound without scarring. This will sting for 30-40 seconds followed by a significant lowering of pain. The concentrate is easily washed away with soap and warm water.*

*In Paraguayan experiments the Stevia concentrate was added to a unique native herbal soap made from edible oils extracted from the seeds and leaves of trees native to the Paraguayan rain forest. Marketed in the U.S. under the name Cream of Coco Hair & Body Shampoo, the soap blends well with the concentrate.*

*Used together these two natural products help retard the graying process and retain natural hair color, eliminate dandruff and various scalp problems, and improve the health and luster of the hair. Many Americans today add the concentrate to this native soap or to their regular shampoo and report excellent results. Most people wash the hair first and then add Stevia concentrate to the second shampoo, allowing it to remain on the hair for a few minutes before rinsing.*



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