

LIFEFORCE

STEVIA

Available in 100ml

Nappi Code: 827649/002

A SAFE NATURAL SWEETENER

All is not lost for those of us who still enjoy sweet tastes. There is at least one sweetener, which we can use that is even good for us.

Beneficial effects of using Stevia:

- ❖ It is highly nutritious
- ❖ It lowers blood sugar in diabetics, but has a regulatory effect on blood sugar in non-diabetics
- ❖ It lowers the blood pressure of those with high blood pressure
- ❖ It acts as a cardio tonic (strengthens the heart)
- ❖ It has a mild antibacterial property towards the bacteria that cause tooth decay
- ❖ It increases energy levels and mental activity
- ❖ 0 – 20 drops taken in a little water or tea 20 minutes before eating resets hunger patterns in the hypothalamus, helping to reduce overeating
- ❖ It has been found to help reduce alcohol and tobacco cravings.

STEVIA'S HISTORY

If you are like most South Africans, you will never have heard of Stevia. Stevia is made from the leaves of a small shrub found primarily in China and indigenous to South America. It is a natural food supplement that is 30 – 100 times sweeter than cane sugar. It has been used for its medicinal effects and natural sweetness in Paraguay for 1500 years. It has been used similarly in Japan for the last two decades and has recently become popular in the US as an all-natural, healthy sweetener. Its popularity has brought it under the magnifying glass.

There have been no medical reports and very little adverse reaction reported from the use of Stevia, in all the countries in which it has been used. Numerous studies have been performed in Japan and in the US regarding its effects on cell membranes, enzymes systems and cancer - no negative effects have ever been discovered. Stevia is used in hundreds of food products and is widely cultivated in China, Taiwan and other Eastern countries.

Stevia has been traditionally used as a sweetener, for medicinal purposes and as a herbal tea.

COMPARISON'S BETWEEN NATURAL AND ARTIFICIAL SWEETENERS

There is a lot of controversy as to the need for artificial sweeteners. Unfortunately artificial sweeteners pose a health risk. According to a report in the New England Journal of Medicine artificial sweeteners cause:

- A significant imbalance of the amino acids (especially Tryptophan) and neurotransmitters in the brain.
- This can result in lower Serotonin levels in the brain, which can cause mood imbalances and sleep disorders.
- It is also associated with Lupus and Multiple Sclerosis.

- Without a doubt the main reason for its use is to replace dietary sugars which lead to obesity. Western medicine has recently identified a condition known as '**Syndrome X**'. Which points to insulin resistance being one of the first steps leading to increased blood cholesterol, high blood pressure and late onset diabetes - three major killers in the western civilisation.
- Insulin resistance, in turn, is associated with a diet high in refined carbohydrates and fats. The consequences of a "sweet tooth" are indeed bitter when one counts the rands spent on expensive medication for chronic illness at a time in one's life when monetary resources are under pressure.

WHAT TO DO ABOUT YOUR SWEET TOOTH?

Stevia may provide an answer. It has been used for 1500 years as a sweetener, herbal tea and as a medicine. It is also used for the treatment of Diabetes in Paraguay and Brazil. (South African Journal of Natural Medicine).

Stevia is a natural sugar-free herbal sweetener. It is a tasty, healthy alternative for individuals who choose not to use sugar or artificial sweeteners.

DOSAGE

Four (4) to six (6) drops are equivalent to one teaspoon of sugar. Also suitable for baking.

WHO WOULD USE STEVIA?

Those with

- Hypoglycaemia
- Diabetes
- Low energy levels
- Blood Pressure related problems
- Weight Management problems
- Cardiovascular Diseases
- Oral Bacterial problems
- Excellent for skin care
- Digestive Disorders
- Soothes upset Stomachs

TRADITIONAL STEVIA USES:

- ✓ Weight Loss Aid
- ✓ Treating Diabetes
- ✓ Hypertension
- ✓ Heartburn
- ✓ Lowering Uric Acid
- ✓ Cardio Tonic
- ✓ Diuretic
- ✓ Non-caloric Sweetener

THROUGH RESEARCH THE FOLLOWING HEALTH BENEFITS HAVE BEEN DISCOVERED

Cardiovascular System

- ✓ Lowers Blood Pressure (falling by +/- 9,5% after using Stevia for 30 days)
- ✓ Stevia works as a Cardiovascular tonic

Metabolism

- ✓ Lowers elevated Blood Sugar levels up to 35% and assists
- ✓ **Diabetics** in Blood Sugar control.
- ✓ Stevia contains 0 calories, making it ideal for any weight management diet.

Nervous System

- ✓ Helps to suppress appetite

Oral Health

- ✓ Inhibits the formation, growth and reproduction of bacteria and other viruses, like colds and flu.
- ✓ Inhibits **plaque** that leads to **Tooth Decay and Dental Caries**.

Skin Care

- ✓ Applied as a facemask, Stevia smoothes wrinkles and is effective in treating Seborrhoea, Eczema and Dermatitis

Digestion

- ✓ Taken as an herbal tea, it improves digestion and effectively soothes upset stomachs

WHAT IS THE NUTRITIONAL BREAKDOWN OF STEVIA?

CAROTENOIDS:

- Precursor to Vitamin A

MINERALS:

- Calcium
- Chromium
- Cobalt
- Iron
- Magnesium
- Manganese
- Phosphorus
- Potassium
- Selenium
- Silicon
- Sodium
- Tin
- Zinc

VITAMINS:

- Vitamin B1
- Vitamin B2
- Vitamin B3
- Vitamin C

CAN YOU EXPECT ANY ADVERSE EFFECTS?

Cross-Allergenicity: Theoretically, Stevia **may** cause allergic reactions in individuals sensitive to Asteraceae / Compositae family plants. Members of this family include Ragwee, Chrysanthemums, Marigolds and Daisies. No cases have been reported or documented thus far. Besides the rare possibilities of an allergy, there have been no adverse reports on Stevia.

INTERACTION WITH DRUGS:

DIABETES DRUGS:

Theoretically, Stevia enhances blood glucose control, requiring a lowering in and dosage adjustment of Diabetes drug therapy in Type 2 Diabetes

HYPERTENSIVE DRUGS:

Stevia reduces blood pressure and blood pressure readings and therefore requires an adjustment in Hypertensive Drugs.

STEVIA IS SWEET, SAFE AND INEXPENSIVE. USE IT.

REFORM DISTRIBUTORS

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