



# *Stevia Herb*

*Best natural sweetener in herb, reduces gas and stomach acidity, stabilizes blood sugar, improves digestion, enhances immune function.*

**Information:** Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at [www.VibrantHealthCommunity.com](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) *before* starting/changing your program.

**Botanical:** *Stevia rebaudiana*

**Family:** *Asteraceae* (aster)

**Other common names:** Honey Leaf, Sweet Herb, Yerba Dulce, Ka-he, Candyleaf, Paraguayan Sweet Herb

**Stevia Leaf** is nature's sugar substitute that is said to be a safe, all-natural, low-calorie alternative to refined sugar, but is also used as an herbal supplement to regulate blood sugar levels and lower blood pressure and LDLs (bad cholesterol). People who ingest Stevia daily often report a decrease in their desire for sweets and fatty foods, which may be very helpful for dieters, and its antibacterial qualities help to promote healthy and clear skin, scalp and lustrous hair.

As yet, however, despite much evidence supporting the benefits of the plant, it has not been approved by the U.S.F.D.A. as a sweetener, but it may be sold as a healthful dietary supplement. The primary active constituent in Stevia Leaf is a glycoside called stevioside.

**Beneficial Uses:** Stevia Leaf has been used as a healthful dietary supplement that is believed to help improve cardiovascular health by lowering elevated blood pressure (hypertension) and LDLs (bad cholesterol) in the blood.

Research indicates that Stevia significantly increases glucose tolerance and inhibits glucose absorption. Furthermore, it is also thought to lower blood sugar levels. In some South American countries, Stevia is also sold (in addition to its popularity as a natural sweetener and sugar substitute) to aid people with diabetes and hypoglycemia, since studies have demonstrated that it has a regulating effect on the pancreas and helps to stabilize blood sugar levels.

As a digestive aid, Stevia is thought to improve gastrointestinal function, soothe upset stomachs and reduce gas and stomach acidity. Stevia Leaf is believed to act as a general tonic that increases energy levels and mental acuity. Many individuals ingesting Stevia daily have reported a lower incidence of colds and flu, and it may also help to speed recovery from minor illnesses.

Stevia has been shown to inhibit the growth and reproduction of bacteria that cause gum disease and tooth decay, making it an excellent addition to toothpastes and mouthwashes. Many people have reported improvement in their oral health after adding it to their daily brushing and rinsing routines. Stevia Leaf has also been said to be beneficial in treating Candidiasis.

As an antibacterial, Stevia is useful in helping a number of skin problems, including acne, blemishes, lip and mouth sores, dermatitis and eczema. There are reports that cuts and scratches heal more rapidly after using Stevia. Stevia Leaf is thought to improve the quality and health of the hair and scalp.

**Contraindications:**

Currently, there are no known warnings or contraindications with the use of Stevia Leaf.

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