

THE SWEET HEALING POWER OF STEVIA REBAUDIANA



Stevia rebaudiana is an herb that originates from South America. In Paraguay it is used traditionally. The Guarani Indians used the leaf to sweeten drinks. This Indian tribe has also given the name of the product guarana, a naturally energizing supplement that from the same region. Tea drinks such as yerba maté, another South American herb, are traditionally made sweeter with stevia.

Stevia slowly conquers the world

Stevia has long been sold in organic stores in the Netherlands before it was officially approved as food product in 2011. Before that year, it could only be advertised as an cosmetic product. It was applied on the skin, for example, because it causes the skin to repair wounds faster. In the 70s and 80s of the 20th century, stevia powder was available in health food stores in the Netherlands as skin powder, but people who knew that the laws in other countries were different, used it as a sweetener. Nowadays, stevia is becoming increasingly popular as sugar supplement. Cultivation have been set up in various countries, such as in India. China is the largest producer of stevia leaves in 2018. The first stevia plantations arose after 1964. Stevia was introduced as a food crop in Brazil, Korea, Mexico, the USA, Indonesia and Tanzania. In 1990, stevia cultivations were established in Canada. The country where stevia is consumed mainly, is Japan.

Stevia ban in the EU

In the European Union, stevia has been forbidden for a long time, after a successful lobbying of the sugar industry. The EU was the last area in the world where stevia was banned. Only in 2011, under strict conditions, it was allowed on the market, and not the stevia leaf, but only isolated stevia glycosides. In Europe, stevia leaves may be used in products, but it should not be labeled that stevia leaves make the product sweeter. Let's just say that legal practice is still not in line with other fields of society such as kitchen practice and the scientific world. <https://www.evmi.nl/nieuws/onderzoek-ontwikkeling/stevia-officieel-toegestaan-in-europa/>

Traditional use of stevia

Stevia is traditionally used by the Indians in Paraguay for burns, skin wounds, skin infections, leg swelling, as an antidepressant, for stomach problems, overweight, colic and as an anti-conception agent.

Stevia as an anti-conception tool?

That makes stevia maybe suspicious in the eyes of some scientists. It could be the main reason that stevia leaves are not allowed in products, just stevia glycosides. Science is failing to investigate this subject very well. Scientific research on healthy female mice has shown that their fertility decreases if regular infusion of stevia leaf is taken, when it is administered several times a day for two weeks.

It is questionable whether such research ever takes place on people, because that research may be found unethical. As a result, we will not know for the time being what the dose of stevia tea is to achieve reduced fertility, a somewhat disturbing outcome is this scientific stalemate. On the other hand, stevia-leaves have been used for centuries and the contraceptive effect is rarely mentioned as an adverse reaction. Probably the contraceptive effect is only to be expected with very regular use, for a few weeks, a few times a day pure stevia, like the research setting, but unfortunately there is no scientific certainty about this.

Steviol glycosides

The group of substances that make stevia leaf sweet are called steviol glycosides. They were discovered in 1931. Rebaudioside A and stevioside are the most important substances in this group. When a new food type is introduced, it is tested for safety. All these substances have been tested on humans for a number of years. It appears that they do not pose risks to cardiovascular diseases or diabetes. Other research shows that diabetes problems can be prevented. <https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/steviol-glycoside>

By the way, imagine refined sugar was introduced to the market today, it probably wouldn't be allowed, because it has too many negative disease-promoting effects such as ADHD, Alzheimer's, diabetes, cancer, cardiovascular diseases, and food intolerances. In total, around 300 diseases are associated with sugar.





Naming

In English this plant is given the following names: Stevia, Sweet leaf, Sweet herb of Paraguay, Honey leaf and Candy leaf. In the Netherlands, stevia is sometimes sold in garden centers under the name “honingkruid” or honey herb.

Stevia, the sweet medicine

As sugar is widely called a sweet danger, stevia is a sweet medicine. Mainstream media is publishing about the dangers of sugar but hardly ever promotes the health benefits of stevia. It has general health-promoting effects while sugar stimulates inflammatory processes. Stevia leaf is mainly used for the sweet taste. There are few to zero carbohydrates, which makes it a sweetener, unlike sugar, without the danger of growing organ fat. In addition, stevia leaves have all kinds of phytonutrients with medicinal properties. The main characteristic of stevia leaf is that it regulates blood sugar levels, while sugar actually causes blood sugar problems. Croatian research says it this way: “Besides the sweet content attributed to the secondary plant components phytochemicals, stevia has blood sugar regulating, anti-inflammatory, anti-cancer, diuretic and immune system stimulating effects.”

Stevia tea as a sweetener and food supplement

The same Croatian researchers as above have conducted a study, under the direction of Jana Šic Žlabur, on the effects of stevia infusion in combination with a juice from the chokeberry, a North American plum variant with the Latin name *Prunus virginiana*. It is written that a plum juice mixed with green stevia powder has a better nutritional composition than the same fruit juice supplemented with sucrose or granulated sugar. The juice sample with the highest amount of added green stevia powder, had the highest content of vitamin C, chlorophyll, carotenoids, polyphenol compounds and antioxidant capacity. Green stevia powder increases the sweetness, contributes significantly to the increase in food quality or the product. Cooled storage for 60 days did not affect the degradation of the content of stevioside and rebaudioside A in all analyzed juice samples.

Sweet stevia water as a sugar substitute

The Croats have thus done research into the sweetness of stevia leaf in a drink, something that can not be sold as a product in the EU, but everyone can make it at home. Only the sale of isolated steviol glycosides is permitted in the EU. Nevertheless, you can buy stevia leaf in various stores and on the internet legally. A sweet stevia drink is very easy to make. Add some hot water to a half or whole gram of dried stevia leaf and after 10 minutes you will have fresh water that you can use as a sweetener for drinks.

Antibacterial actions of stevia, against caries

Stevia has antibacterial effects. There are two research fields where this effect is studied. A number of studies have been conducted on the anti-caries effect of stevia. We all know that bacteria that cause cavities are fond of sugar. But from substances in stevia leaf they die, reducing the chance of tooth inflammation and gum disease.



Stevia against Lyme disease

Another antibacterial effect that is currently being investigated is the anti-bacteria effect against the borrellia bacteria. It is seen by US researchers in 2015 as a potential drug in Lyme disease. Lyme disease often uses antibiotics that repress the Borrelia species, but after the antibiotic treatment, they resurface in pathological activity. When stevia leaf is used together with antibiotics, the colony of the Borrelia burgdorferia, the cause of Lyme disease, is significantly reduced, even if the antibiotic treatment has ceased. Nevertheless, the research published in the European Journal of Microbiology and Immunology concludes with the remark that the results of their preliminary research can not be medically implemented. One wants to do follow-up research by looking at which substances from stevia leaf have an antibacterial effect against Lyme's disease. Though, it is not forbidden to drink stevia tea when you suffer Lymes's disease

Is it good to research active substances in a plant?

It seems extremely logical to investigate which active substances are in a plant. We may notice, however, that an ideology is hidden behind this reasoning.

In the west, researchers want to make a patented pill of synthetic products; they want to isolate a substance and make it artificial so that it can be patented. That is a choice for synthetic pharmacology. There could also be an extension of research into the effects of stevia tea on Lyme disease patients, because if these people heal from stevia tea, it is, relatively speaking, not interesting which substances would be responsible for this, because the cure itself is much more interesting from a human-human point of view. Research into the active substances in a medicinal plant leads, as history shows, to the isolation of substances and their synthetification, which in turn leads to expensive, poorly functioning drugs with a large amount of side effects. There is no scientifically recognized effective treatment in Lyme disease, so any discovery in that direction could be placed under a scientific magnifying glass.

Are we solving diseases or creating new ones?

Research into active substances in a plant seems useful, but it appears to have been a major disillusion for more than 100 years, given the history of drug development. Pills come and go, but the side effects remain. Synthetic pills generally have not led to curing diseases, or at the expense of a side effect: the sudden emergence of a new disease. We can think of antibiotic use in general, which always causes disturbances in the microbiome, our intestinal flora and the immune system, which greatly increases the risk of other diseases such as cystitis, intestinal inflammation and kidney inflammation. All kinds of food intolerances and food allergies such as the deadly peanut allergy are also attributed by scientists to the use of medicines, such as the innocent-looking antibiotics. So it is not surprising that antibiotic use does not help well with Lyme disease, and that plants seem to work much better. What is surprising is that one does not want to examine the apparently powerful medicinal effects of the plant, only some isolated parts of it, although one could now, after decades of intensive research without being able to reduce side effects, be aware of the fact that some substances from a medicinal plant work completely differently when they are isolated.

On the website you will find all the scientific sources that belong to this article. There is a 2016 study showing the link between antibiotic use in children at a young age and the later occurrence of diseases such as food intolerance and food allergy. Biochemists like Geoffrey Cannon have been saying it for decades. It seems that the medical professionals are still not aware that when they prescribe antibiotics for a non deadly disease, they give a trojan horse to people, with a almost 100% certainty of developing new medical problems.

Suggested reading about antibiotics as a danger: Book Geoffrey Cannon, Superbug, nature's revenge



A

[Anti inflammation diet](#)

[Alpinia galanga](#)

[Alzheimer](#)

[Anemia](#)

[Aspirin](#)

B

[Banana flower](#)

[Barringtonia asiatica](#)

[Beetroot](#)

[Bell pepper](#)

[Bok choy](#)

[Broccoli](#)

[Brussels sprouts](#)

C

[Cauliflower](#)

[Carobflour](#)

[Celery](#)

[Centella asiatica](#)

[Chinese cabbage](#)

[Chocolate](#)

[Cholesterol myth](#)

[Cinnamon](#)

[Purple corn](#)

[Cucumber](#)

[Orange cucumber](#)

D**E**

[Eggplant](#)

[Endive](#)

F

[Fennel](#)

[Food as medicine](#)

G

[Garlic](#)

H

[Horseradish](#)

[Hot pepper](#)

I

[Iceberg lettuce](#)

K

[Kale](#)

L

[Leek](#)

[Lettuce](#)

M

[Mangosteen](#)

[Medicinal Food 2019](#)

[Microbiome](#)

[Microwave food](#)

[Mint](#)

[Morgellons](#)

[Common mushrooms](#)

N

[Nettle](#)

O

[Red onions](#)

[Osteoarthritis](#)

[Otrivin, otrivine](#)

P

[Palmsugar](#)

[Papaya and papaya leaf](#)

[Pineapple](#)

[Potatoes](#)

[Purslane](#)

R

[Root celery](#)

[Romaine lettuce](#)

S

[Shallots](#)

[Shiitake](#)

[Spinach](#)

[Stevia](#)

[Supermarket alternatives](#)

[Sweet potato](#)

T

[Taro](#)

[Tomato](#)

[Turmeric](#)

U**V**

[Vegan milk](#)

W

[Watercress](#)

[Wild vegetables](#)

Z

SUBSCRIBE TO VEGATALES AND GET IT IN YOUR INBOX FOR

18 EURO PER YEAR.

**THIS IS AN INTRODUCTION FEE FOR FRIENDS AND
EARLY ADAPTORS. PRICE GUARANTEED FOR THREE YEARS.**

