

Guillermou

Stevia rebaudiana is a perennial shrub native to Paraguay that is currently widely cultivated. Stevia leaves have diterpene glycosides (stevioside and rebaudiosides), non-nutritive and high-intensity sugars. Its white crystalline compound (stevioside) is normal natural sugar with no calories and is more than 100 to 300 times better than table sugar. The biological activities of Stevia reveal a multitude of benefits for human health, including antioxidant, hypotensive, antihypertensive, antimicrobial, anti-inflammatory and antitumor actions. Stevia has therapeutic benefits as a joint nutraceutical in the treatment of chronic diseases including overweight and obesity, diabetes mellitus, fatty liver, cardiac fibrosis, liver fibrosis, inflammatory bowel disease, cancer, hypertension and chronic kidney diseases.

Global cancer estimates suggest a 47% increase in cancer cases by 2040 compared to 2020. Stevia rebaudiana and its products as a means of cancer prevention and therapy in the context of a healthy diet. A glycoside called stevioside found in stevia plants helps stimulate cancer cell death in a human breast cancer line. Stevioside may also help slow down some mitochondrial pathways that help cancer grow.

Another study found that many stevia glycoside derivatives were toxic to specific leukemia, lung, stomach and breast cancer cell lines. A systematic review carried out by the Natural Standard Research Collaboration focuses its results on the effect of the plant on hypertension and hyperglycemia. It can also help control cholesterol. The study found that stevia reduced total cholesterol, LDL cholesterol, and triglycerides without negative side effects. It also increased HDL ("good") cholesterol.

Posted On 07/18/2024

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The extract of the stevia plant has long been used in South American countries for the treatment of diabetes. RebD treatment reduced adiposity, alleviated hepatic steatosis and lipid peroxidation, and decreased LBP, a marker of metabolic endotoxemia in a mouse model of diet-induced obesity. A review includes the evaluation of two long-term studies (1 and 2 years duration, respectively) that prove that stevia (a considerable amount of active ingredient, from 750 mg/day to 1,500 mg/day of stevioside) can be effective in reducing blood pressure in hypertensive patients.

Stevia's unique properties also make it ideal for a mouthwash and toothpaste, as some studies have indicated that it may actually reduce cavities by slowing the growth of plaque in the mouth. Stevia's antimicrobial properties are something that makes it optimal for dental products. Tests showed that it can inhibit the growth of bacteria such as streptococcus mutans). www.botanical-online.com/.../stevia-properties (2019).--

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Posted On 07/18/2024

erwin23

Too bad it tastes TERRIBLE - like bad artificial sweetener .

Posted On 07/18/2024

chiaromc

We grow our own stevia; cut it and hang it to dry the leaves, just as we do our mint leaves. We have used it as crushed dry leaves in our steeped mint/ iced black tea for decades. Delicious. It is an annual in PA. 2 plants each year supply enough for the year.

Posted On 07/18/2024

DhyanMarga

Did that for quite a while but it kept being an annual, kept dying

Posted On 07/18/2024

marlenehere

I started stevia seeds, my friend sent from Taos a while back. She also said fresh leaves taste wonderful and very dif from store-bought. Theyre slow growing and if an annual plant then like other annuals they can go to seed and propagate.

Posted On 07/18/2024

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FROM SEED TO HARVEST: A BEGINNER'S GUIDE TO GROWING STEVIA .--- "Stevia will grow in soil with a pH of 5.0 to 8.0, but it prefers soil with a pH of 6.5 to 7.5. Stevia grows best in sun but place the pot in an area that receives some afternoon shade. Keep the soil consistently moist throughout the summer, but do not overwater, especially immediately after transplanting or when stevia is grown in a container. If not planting in a pot, space the stevia 18 inches apart in rows set 24 inches apart. Stevia can be grown year round indoors if planted in containers-----". www.ufseeds.com/stevia-seed-to-harvest.html

Posted On 07/18/2024

jamNjim

Leave it to the FDA to demonize anything natural and organic while promoting everything that's toxic and artificial. They only make money if you're sick.

Posted On 07/18/2024

michaelrbuley

With you on that. If the FDA slams it, then it is very likely healthy. Look at what was done to B17 / laetrile back in the 70s. The FDA is part of the criminal conspiracy in this country call 'food' production. Laetrile posed such a threat to the cancer industry, that they basically brought all their guns out to finally not only lie about its real effectiveness, but have it actually banned in this country.

Posted On 07/18/2024

gardenmomma

I can't stand the taste of stevia so it does no good for me as a sugar replacement. I used monk fruit for a while until I read about the dangers of erythritol, which is the primary ingredient in most monk fruit products, (and as I just read here is also in stevia products!) A few weeks ago I read a Mercola article about glycine, so I tried it. It's wonderful! It has absolutely no aftertaste and does many positive things for our bodies. Why isn't glycine being talked about as a viable sugar substitute?

Posted On 07/18/2024

Pam9862

I agree with you, gardenmomma. I can identify stevia in any food/drink I eat and can't abide the taste. I tried to like it, I really did but no deal. I hadn't heard of glycine.

Posted On 07/18/2024

DebbyW

And glycine has the benefit of sweeping glyphosate from our bodies.

Posted On 07/18/2024

DhyanMarga

All well & good but please note that commercial stevia is mostly from China. I only use organic stevia even though the one in the supermarket is much cheaper, highly recommend organic. I use mostly drops from iherb.

Posted On 07/18/2024

Lumpcrabmeat

I agree. But I personally would avoid all processed stevia. Only natural ground leaf is free of any contamination from processing. But all stevia has a bad aftertaste so I don't use any forms. For the small times I need sweeteners I'll stick with honey. Loaded with minerals and also anti microbial....and tastes good.

Posted On 07/18/2024

Puccaa

True. There's one brand of processed (white) organic stevia that sources from Brazil. But I try to use mostly organic green stevia - the unprocessed kind. I've found a couple non China sources.

Posted On 07/18/2024

Andreievich

The most important information about the results of a study (research) is : " WHO FUNDED THE RESEARCH ". I have been working with scientists for long enough to know that this is the only valuable vantage point and it is more important than the article's title.

Posted On 07/18/2024

juststeve

Also, high jacking? The usual suspects who when enough of the general public realize a product or practice is a better choice the Machine then confuses, captures those things in ways to attack, confuse, redirect. Organic Raw Stevia is the Real Deal. However, the monopoly Processed Foods sources throw out their version with additives and sell it cheaper. The majority of people who even though they want to do the right thing, the healthier thing, are so often in a position not to dig deeper into the weeds. More so the average person knows they can't follow, understand everything. So many people will hear about a product such as Stevia through someone who follows excellent sourced information. Then while catching the main information, then when they go out, and well trained - "Well, this is cheaper" will pick up the inferior product. This happens across many layers of life, not just in our real, actual needs for Real Food Sources.

Posted On 07/18/2024

Guillermou

Yes Just, under that umbrella, artificial sweeteners have been gaining ground over sugar for years and are widely used as low or no-calorie alternatives. They represent a global market of 7 billion and are found in thousands of products around the world, particularly ultra-processed foods such as sugary drinks, some soft drinks and low-calorie ready meals. Specifically, a large study published in the prestigious journal "British Medical Journal" (BMJ), carried out among French adults, suggests a direct association between a greater consumption of artificial sweeteners (especially aspartame, acesulfame potassium and sucralose) and a increased risk of cerebrovascular and coronary diseases.

During an average follow-up period of nine years, 1,502 cardiovascular events occurred. They included heart attack, angina, angioplasty (a procedure to widen blocked or narrowed arteries in the heart), transient ischemic attack and stroke. A previous study published in the prestigious scientific journal "PLOS Medicine" by Charlotte Debras and Mathilde Touvier, from the French National Institute for Health and Medical Research (Inserm) and the Sorbonne University Paris Nord, suggests that some artificial sweeteners are associated with a increased risk of cancer.

www.larazon.es/.../wdikz335kffctbzzwfyaz3v2ey.html (2022).--

www.larazon.es/.../q4gq5fsa3jfjvevzagpma7bfle.html (2002).-

Posted On 07/18/2024

juststeve

Yes Gui, grab something true, a fact than create a narrative sounding like the Real Thing. Then down the road many people will just give up thinking what is the point, & the Real Deal gets shuffled into small corners. The Machine creates narratives of Black is White, fooling all the people sometimes. Right is Left fooling some of the people sometimes. But Wrong is Wrong no matter how it is painted and Wrong will assert itself in all its fury, because you can't fool all of the people all of the time. The Machine poisons itself to death when it becomes lost in its own false narratives, lies.

Posted On 07/18/2024

Guillermou

Just, A good article about sugar that we can extrapolate to artificial sweeteners.-- UNVEILING THE SWEET DECEPTION: HOW THE SUGAR INDUSTRY MANIPULATED SCIENCE.--

www.linkedin.com/pulse/unveiling-sweet-deception-how-sugar-industry-sc.. (2024).-----

-----ENDING
THE SWEET DECEPTION: A REVIEW OF SUGAR & SWEETENERS shopalynne.com/blogs/news/ending-the-sweet-deception-a-review-of-sugar-.. (2023).---

Posted On 07/18/2024

Almond

I use stevia for canning fruit. A light syrup orks well in most cases. 1 level t. of stevia to 4 c. of water -- white powder extract with nothing extra added.

Posted On 07/18/2024

zileyram77

Can Dr. Mercola write an article on erythritol? It's supposedly healthy, but about a year ago, a study came out saying that erythritol increases your risk for blood clots and heart attacks. I don't know if this is true or just propaganda from big pharma to normalize blood clots and heart attacks in the wake of the jab. A lot more of the "healthy" foods are sweetened with erythritol than stevia as well.

Posted On 07/18/2024

loloinc

I use stevia as my go-to sweetener in coffee and homemade yogurt. I have a couple of questions: 1) if it is a strong antimicrobial, won't it damage the microbiome? If I'm using it in my homemade yogurt, am I counteracting the yogurt's beneficial effects? 2) if it raises insulin, won't that increase insulin resistance?

Posted On 07/18/2024

Guillermou

Hi loloinc. 1) The consumption of stevia and prebiotics protected against alterations in the composition of the intestinal microbiota. The effects of different levels of stevia residue supplementation in high-fiber diets on fecal bacteria of pregnant mammals were investigated. It is known that high fiber diets can promote the abundance of beneficial bacteria Bifidobacteria and Lactobacilli and improve intestinal balance. Parallel supplementation with stevia significantly increased beneficial bacteria and reduced harmful bacteria. Alterations of the colonic microenvironment may depend on the amount and frequency of stevia intake, as well as the simultaneous consumption of other dietary components. The anti-inflammatory properties of stevioside were confirmed in vitro by decreasing the synthesis of TNF-, IL-1 and IL-6 and inhibiting the transcription factor NF-B, and in vivo by inhibiting NF-B and MAPK in laboratory animals.

In another more recent study, no significant intestinal microbiota was observed.

www.mdpi.com/.../744 (2022).--- www.mdpi.com/.../296 (2024).-----

----- 2) Stevia has therapeutic benefits as a joint nutraceutical in the treatment of chronic diseases including overweight and OBESITY, DIABETES MELLITUS, fatty liver, cardiac fibrosis, liver fibrosis, inflammatory bowel disease, cancer, hypertension and chronic kidney diseases.(see my post)

Posted On 07/18/2024

Stephjask

The FDA are not fit for purpose.

Posted On 07/18/2024

DaisyCup

A close friend of mine, who had no trouble conceiving her first five children, started having miscarriages. She finally found research about South American tribes using the Stevia plant for birth control and immediately stopped using it. She became pregnant with no difficulties and her sixth child is now almost two years old. I personally will not use Stevia. I don't trust manufactured sugar alternatives to begin with. They are adulterated, and the after taste is usually off putting. Just my two cents.

Posted On 07/18/2024

KyerVegan

We discovered stevia through a person who worked at a Tempe, AZ Wisdom of the Ancients sales office. They had recently started buying the ground leaves from Paraguay tribes along with Argentine gourd mugs and bombillas (enclosed tea strainer straws). For about a year we would drive over there and pick up bulk stevia. Then one day we went down and were informed that they could no longer get stock. Corporations had purchased all future stocks from the tribes. Soon after that we started noticing it for sale in regular stores (even Target!) BUT it was all some white powder and not the ground green powder.

(Also tinctures, but that contained quite a bit of alcohol.) After some serious internet searching, I was able to find a company in Canada that sold the ground leaves, unprocessed, but it got costly to pay the shipping plus international fees. We now rely on organic, unfiltered raw honey from some lovely part-time beekeepers who treat their bees with care rather than as 'stock'. As I recall, green stevia leaf had an odd bitter after taste. Okay for smoothies, but gave cookies a strange taste.

Posted On 07/18/2024

jle8261

Wishing you had mentioned and compared allulose along with the other alternatives. From what I've read, it's an even better healthy choice.

Posted On 07/18/2024

ono4884

Allulose has curbed so much my hunger that I had to stop taking it

Posted On 07/18/2024

KyerVegan

Ono, I'll have to look into this. I've been 'hungry' since before I was born (Mom suddenly got intense cravings beyond the norm when pregnant with me) and have only lost that hunger a handful of times when I was too busy vomiting to eat. :D (No, I'm not big as a house, thank God.) Hoping its vegan, not insanely priced (although what ISN'T these days?) and not too hard to get hold of. Edit: may be made from corn Ah.... I can't trust anything made from corn unless it is truly organic.

Posted On 07/18/2024

ciaopaty

I've been using stevia for years. Dr. Mercola a while ago mentioned allulose. There's organic allulose available and I wonder if he still recommends it and if it's a safe sugar alternative.

Posted On 07/21/2024

jennifery

Stevia gives my sister and I headaches. I have also seen it cause neuropathy in people who consume a lot?

Posted On 07/19/2024

sue2613

I know people who are sensitive to stevia, even the herb. It may be safe, but unless we grow it ourselves, we can't always trust the source. Fo some it causes aches, weakness, edema, affects the bladder, or the spine.

Posted On 07/18/2024

Guillermou

Yes, Although rare, cases of allergic reactions to stevia have been reported. These reactions can range from mild (such as skin irritation or hives) to more severe (such as difficulty breathing). People with known allergies to the Asteraceae/Compositae family, which includes daisies, chrysanthemums, and ragweed, may be more likely to have an allergic reaction to stevia.

Posted On 07/18/2024

erwin23

I think it tastes TERRIBLE and it gives me a headache

Posted On 07/18/2024

ElMinetero

Stevia in small amounts makes my head feel strange. Xylitol has been linked to clotting causing heart attacks and strokes. I try to avoid sweeteners, especial sugar and synthetics, and just enjoy the natural flavor of things.

Posted On 07/18/2024

Woodcarver

Some years ago I bought a Stevia plant at the nursery and grew it in my garden. I used its leaves and chewed on them occasionally. I took a slip off the plant in the fall and it rooted. I grew it in a sunny window and it thrived over the winter. Then I noticed it was infested with white fly. This is a difficult bug to get rid of as it is so tiny and difficult to spot until it is too late. This indicated to me that Stevia was a natural plant and certainly not toxic. I threw out the plant to keep the white fly infestation from spreading to my other house plants. Unfortunately the nursery where I bought the original plant did not carry them the next spring. The infestation of this plant indicates it does not reduce fertility and is not toxic to bugs.

Posted On 07/18/2024

RiverOfPeace

Timely and helpful - thanks Dr. M.

Posted On 07/18/2024

Greebo

I read that the bitter after taste that some brands of stevia have is because of how it is processed. Te Sweet Leaf brand that I occasionally use does not have that bad aftertaste. I use honey of sugarr in my morning drink but like to have lemon and water with stevia. Lately I don't seem to need the stevia often. Perhaps I am becoming used to having less sweets. I have not noticed any effects of using stevia, but then I don't use it regularly or a lot. I found the full packet was usually much too strong and only used half in a drink.

Posted On 07/21/2024

m4designusa

I get that stevia sweetened soda, taste OK to me! (not cheap!) They don't use the erythritol version. Has a mouth feel like regular soda. Also drink flavored seltzers, they feel like they strip something from your mouth? Used to drink regular Dr. Pepper. Lost 20lbs! (along with diet changes (eat less) and additional exercise)

Posted On 07/19/2024

auntowene

For those of us with irritable and/or prolapsed bladder, stevia is a HORRIBLE idea! It literally causes incontinence.

Posted On 07/18/2024

erwin23

My problem with Stevia is - it TASTES TERRIBLE... like old fashioned artificial sweetener . I wanted to like it but no way (a common complaint). It also gives me a headache . I never buy anything that has stevia in it because of the < bad> taste.

Posted On 07/18/2024

Muckrake

Stevia is high in salicylates, like aspirin. For those who know (not everyone knows) they are salicylate sensitive, be cautious.

Posted On 07/18/2024

reg5821

Take note of what your store brands are mixed with. They are almost always a mixture with alcohol or another sweetener that will mitigate listed potential benefits.

Posted On 07/18/2024

shbaker1

I have a hard using stevia because of the aftertaste. It has the same aftertaste as artificial sweeteners do. It was added to a powdered supplement I was using and now I can't take the taste of it anymore. I wonder if others think noticed that also.

Posted On 07/18/2024

kun1314

I have a hard time with stevia - because it's in bloody everything. Don't want it, never asked for it, can manage just fine without it.

Posted On 07/18/2024

Hartosgirl

The supplemental "nutritional" drinks routinely recommended for seniors and bedridden patients are loaded with artificial sweeteners. Brands like *nsure and *oost and generic store brands contain these artificial sweeteners Dr. Mercola and Gui mentioned. Doctors, nurses, dieticians, nursing homes, and hospice recommend these drinks to be given to elderly patients. Caregivers and family members think they are beneficial so they offer them to the patient.

Posted On 07/18/2024

emj69036

Strongly agree with stupidity of serving up those drinks to patients. Hospital food in general is not fit for human consumption, certainly not for people who are unwell or recovering from surgery. When my husband had ablation for AFib a few years ago, after having withheld food for 24 hours, was given white rice and I can't recall what other sugary or high-carb foods - then they declared his blood sugar tested diabetes high...what a surprise!

Posted On 07/18/2024

juststeve

Hey emj69036, you got that right. It is jaw dropping to see what is fed those in a hospital situation. As you point out, a nice dish of sugary goo is often part of the meal. Once seen even on the meal tray given to a diabetes patient who already lost a foot and was in the hospital in danger of losing the other one. Follow the science, the Marketing Science, not the Real Deal Science.

Posted On 07/19/2024

HilltopJPJ

I've tried several natural sugar alternatives, stevia among them and I don't care for any of them. There is a finish to them stevia, monkfruit and others that I just don't like. I also think that there is a different mouthfeel to them than real sugars; cane, honey and maple syrup. I eat less sweets now and for the most part keep it to quality chocolate (Ritter Sport), honey or maple syrup in my tea and maple syrup on fresh or frozen fruit with heavy cream. I can eat fruit without added sugar, but it is my guilty pleasure to add a bit of syrup and unwhipped heavy cream.

Posted On 07/18/2024

jea1613

Thank you for this information, have wondered about it for a very long time. Also love all your emails, you and your colleagues/friends work very hard to keep us well informed!!!!

Posted On 07/18/2024

kanchenlunga

Good news.

Posted On 07/18/2024
