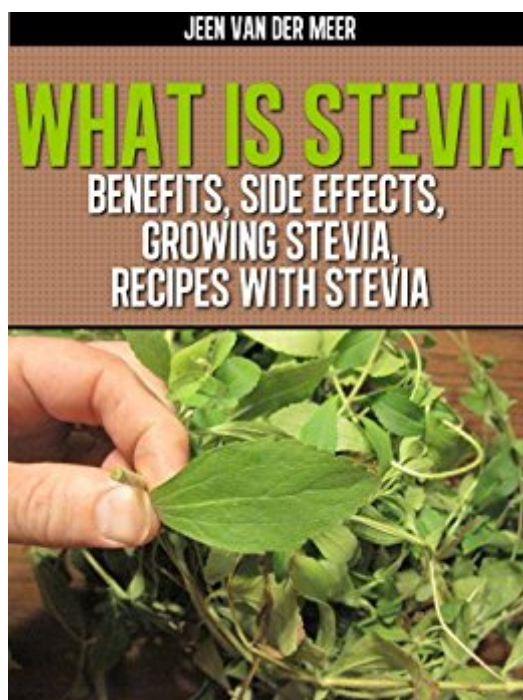


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# What Is Stevia?: Benefits For Diabetics, Weight Loss, Growing Stevia, Recipes With Stevia (What Is Stevia, Stevia In The Raw, is Stevia Safe, Stevia Plant, Stevia Extract, Sweet Leaf, Natural Sweetener)



## Synopsis

What is Stevia? Because stevia has become so popular, there are a lot of questions concerning stevia. Stevia is 100% natural therefore it has no additives. In this book I try to give an answer to all those questions asked when it comes to stevia. Questions like: "Can I use stevia to lose weight?" "What are the benefits of stevia?" "What are the side effects?" "Can diabetics use stevia?" "How can I grow stevia plants?" "How do I use stevia?" "Where can I buy stevia?" "What is Stevia, Stevia in the Raw, is Stevia Safe, Stevia Plant, Stevia Extract, Sweet Leaf, Natural Sweetener

## Book Information

File Size: 646 KB

Print Length: 44 pages

Publisher: Jeen van der Meer (May 7, 2012)

Publication Date: May 7, 2012

Sold by: Â Digital Services LLC

Language: English

ASIN: B0081G0E0Q

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #241,885 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #59

in Â Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > Gardening & Horticulture > Herbs

#193 in Â Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Herbs #364

in Â Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Crafts, Hobbies & Home

## Customer Reviews

This booklet provides all the basic knowledge you need about the use of Stevia as a sweetener. I am diabetic and have been using Stevia exclusively for several years now. I was wanting to know if growing my own Stevia plants is an option and how to process the leaves into Stevia. I found my answers in this publication. Good resource if you are diabetic!

I learned a lot about stevia in this easy to read booklet. I got it for free but it would have been worth paying for just to understand the stevia sweetener I have grown in my garden and use in my food on

a daily basis.

If you are or know somebody that is diabetic this is a must read! If you are looking for a great sugar substitute read this. And the recipes at the end well I will put it this way, we are going to make them especially sugar free strawberry ice cream and the sugar free carrot cake with sugar free cream cheese icing!

This book provides information about the herb stevia. It has been used in Europe for years. There are no other artificial sweeteners that are not BAD for the human body. Stevia stands in a class of its own. Want to reverse your diabetes, change your diet! The 30-day Diabetes Cure (Featuring the Diabetes Healing Diet)

Very informative. I use the stevia leaves right off the plant when ever possible. If you stir them without crushing them there is no bitterness.

gave me the information I was seeking to make an informed decision about using.

I was happy to come upon the book, "What is Stevia?" because I am trying to make healthier choices. I have read so many negative things about other sweeteners and wondered what this Stevia was all about. I am so happy to have found a product that is natural and is in fact good for me.

This book is not very substantial. I learned little from it that I didn't already know from reading about it on the web 10 years ago, and using it ever since in tea, coffee and such. There aren't that many recipes, and nothing you couldn't make up yourself if you have some experience in the kitchen. But if stevia is still a completely new idea to you, it's worth reading, and 99 cents is about what it's worth to have this easily-available information organized in one place.

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