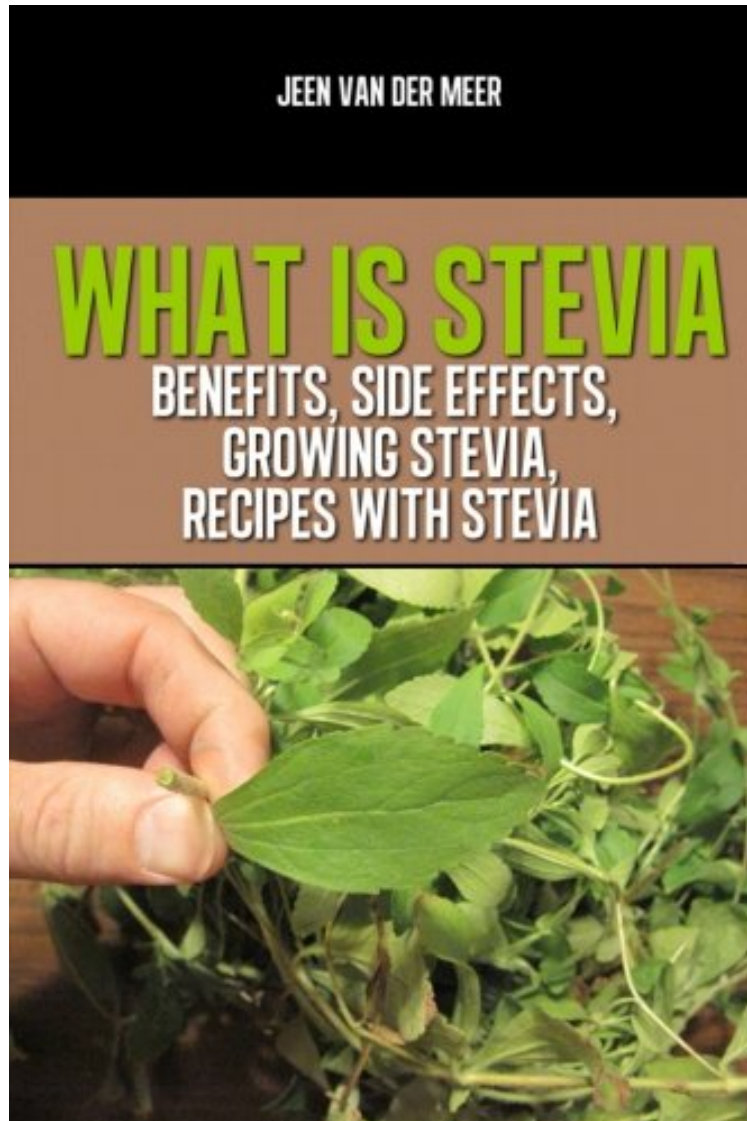


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Arkengareth Very informative. I use the stevia leaves right off the plant when ever possible. If you stir them without crushing them there is no bitterness. 0 of 0 people found the following review helpful. Five Stars By Alison Thompson
Awesome book! 0 of 1 people found the following review helpful. Everything You Wanted To Know About Stevia By Rhondalynn G. Brown
This booklet provides all the basic knowledge you need about the use of Stevia as a sweetner. 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!

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 list the benefits of stevia. Things like: Weight Loss using Stevia Stevia for diabetics as does stevia not effect blood sugar values Growing stevia plants at home The right use of stevia How to use stevia