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The Stevia Handbook: Ultimate Guide to Stevia Side Effects, Safety Dangers and Health Benefits (Paperback)

By Regev Elya

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Is stevia really safe and healthy or can it actually cause a complete havoc in your system? If you plan to use stevia and aren't sure whether it is a safe alternative sweetener - this handbook is right for you. I went through the few hundreds of scientific studies ever made on stevia and compiled them together into this short, concise and easy-to-digest handbook. It will help you know more about stevia than 99.9 of doctors and nutritionists and give you a calm mind whether you should be using it or not. It will also save you a ton of time by putting all viable research in one place. What you will learn: What Is Stevia? The history and uses of this peculiar plant. Stevia Benefits: Can it actually treat cancer? Can it enhance your memory and make you feel like wolverine? Can stevia actually optimise your cholesterol and blood pressure levels? Stevia Side Effects and Safety Issues: From contraception to reproduction to cancer to hypoglycaemia to allergic reactions to toxicity. EVERYTHING is covered in The Stevia Handbook....



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Reviews

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The ebook is easy in read through easier to fully grasp. It is rally fascinating through reading through time. I am effortlessly can get a enjoyment of reading a written publication.

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