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

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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 complied them together into this short, concise and easy-to-digest handbook.

It wil 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'll also save you a ton of time by putting all viable research in one place.

What you'll 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.
Finally, I put some good suggestions on how to pick a stevia product in case you choose to use this sweetener.
You'll LOVE this handbook if you're even slightly interested in stevia. Enjoy your read, Regev

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From reader reviews:

Warren Zeigler:

Spent a free time and energy to be fun activity to do! A lot of people spent their free time with their family, or their friends. Usually they accomplishing activity like watching television, going to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Could possibly be reading a book may be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to test look for book, may be the e-book untitled The Stevia Handbook: Ultimate Guide to Stevia Side Effects, Safety Dangers and Health Benefits can be good book to read. May be it can be best activity to you.

Mike Costello:

People live in this new day of lifestyle always try to and must have the time or they will get great deal of stress from both everyday life and work. So , if we ask do people have extra time, we will say absolutely of course. People is human not really a robot. Then we ask again, what kind of activity are there when the spare time coming to anyone of course your answer may unlimited right. Then ever try this one, reading books. It can be your alternative with spending your spare time, typically the book you have read is definitely The Stevia Handbook: Ultimate Guide to Stevia Side Effects, Safety Dangers and Health Benefits.

Jason Norfleet:

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