

## Stevia - Is It Safe?

by *Delisa Renideo*

Artificial sweeteners, such as aspartame and saccharine, are not safe and should be avoided. But what about stevia? It's a natural sweetener that comes from the stevia plant. Until this year, research has said it is safe. Yippee!

Now, however, more research has found that we have naturally occurring bacteria in our colon which act on stevia to produce mutagenic compounds capable of causing mutations in our DNA. These are

absorbed into our blood stream and can cause problems. However, the danger is related to the quantity ingested. According to the World Health Organization, stevia is safe if our intake is less than 1.8 mg per pound of our body weight. For someone weighing 150 pounds, that would be 270 mg. Look at your bottle of stevia to see how many mg. there are per serving to see if you are ingesting a safe amount.

