**USING STEVIA TO HELP WITH SUGAR BALANCES**

Here is an article on Stevia. It is great for balancing blood sugar levels. I've seen much success with it in friends and family members

<https://www.medicalnewstoday.com/articles/323376.php>

A [2016 study](https://onlinelibrary.wiley.com/doi/abs/10.1002/jsfa.7627) reported that dried stevia leaf powder significantly lowered blood sugar levels in people with diabetes, both while fasting and after eating. The participants in the study also saw a reduction in their triglyceride and cholesterol levels.

And NO, I’m not referring to a bleached out, commercially made white powder.

My best recommendation is this, which has a proven track record of making a huge difference in sugar balancing, even with extreme diabetes, “use a little every day.”

Each morning make a cup of stevia tea, using a scant teaspoon of the dried herb with 1 cup of almost boiling water.  This gives you one cup of stevia water to use throughout the day.

First thing in the morning you can add a teaspoon or tablespoon to your tea.

You can add a few teaspoons to morning grains or in stir fried vegetables.

You can add a couple teaspoons to salad dressing any time during the day.

You can pretty much add it to anything you eat or drink all day long.



You can blend 3 T. with 1 t. of cinnamon, drizzle over fruit and bake or broil. Pears and apples work well.

**If you are currently on my AutoShip program for the Super Honey and would like a packet of fresh, dried, organic Stevia added to your monthly order, the cost is only an additional $5.00. It can be added and charged to your monthly bill.**

**Contact me at:** [**BellaBHBH@aol.com**](BellaBHBH%40aol.com)