

hCG diet

Tip of the Week

About Stevia

Some people like it, some people don't like it.

Health professionals have been saying for years that saccharin (Sweet 'N Low), sucralose (Splenda), and aspartame (NutraSweet and Equal) are seriously toxic for us. Stevia is a natural sweetener that has been around for centuries.

When you try stevia in your recipes start out with less than you think would be enough and then add a little at a time to taste. After being on the hCG Diet your taste buds may have changed in regards to sweetness.

*Local stores are starting to carry Stevia. Try looking for it at **Farmer's Market** in Grants Pass or **Food For Less** in Medford. Stevia can be purchased in different forms: liquid (with many flavors available), small one serving size packets, and in bulk. The bulk form is great for cooking because it is less expensive that way.*

*In **Dr. Simeons** protocol saccharine and stevia are allowed during the 500 calorie cleansing phase. Any other sweeteners have carbohydrates and are not recommended during the 500 cleansing phase. Other sweeteners can be added (no sugar or starches during the 3 week maintenance phase) in the next phases with caution.*

Get more information about stevia at www.stevia.com