

HERBS/BOTANICALS Directory

Hemp seed oil page **2**

page **3** **What is Black Caraway**
(Nigella sativa)?

Cat's claw - Wonder herb page **3**
from the Amazon

page **5** **Coriander / Yellow Dock Tincture**
(cilantro blend) detoxifies heavy
metal (mercury from amalgamated fillings)

Hidden dangers lurking in shampoo page **6**

page **7** **Ginkgo biloba - What is it?**
How does it work?

Pau D'Arco (*Tabebuia altissima*) page **9**

page **10** **Stevia - The sweetest**
substance on earth

Therapeutic hemp oil page **11**

page **12** **Neem - An ancient cure**
for a modern world

MSM - Nature's organic page **13**
beauty mineral

page **14** **Directory**

contents



Klaus Ferlow *

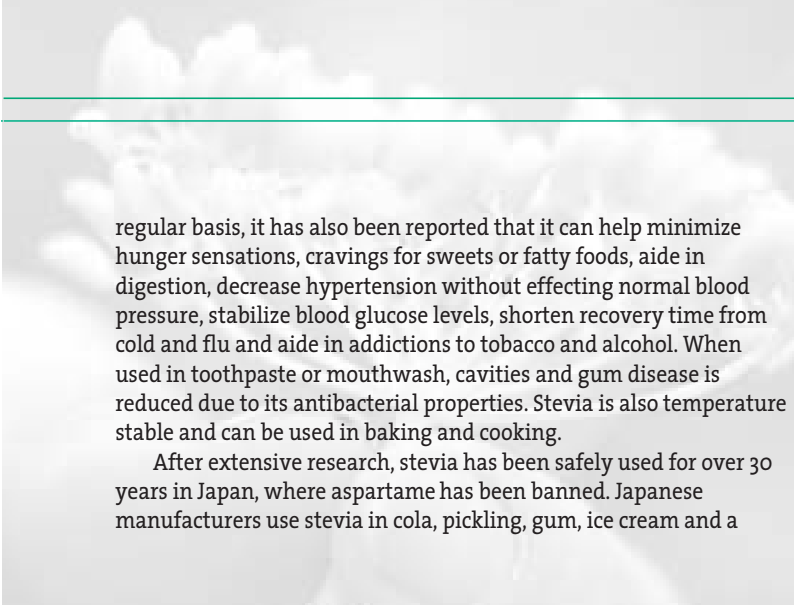
Stevia – The sweetest substance on earth

What is stevia? A small shrub native to portions of Northeastern Paraguay and adjacent sections of Brazil for over 1500 years. It flourishes in the sandy soil of this elevated terrain and may grow to a height of 80 cm when it is fully mature. While native Indians of the Guarani Tribe appear to have used the leaves of this herb as a sweetener since pre-Columbian times, it was not until 1887 when a South American natural scientist named Antonio Bertoni first “discovered” it.

A herb with an abundance of positive effects. The whole leaf contains numerous phytonutrients and trace minerals and is much

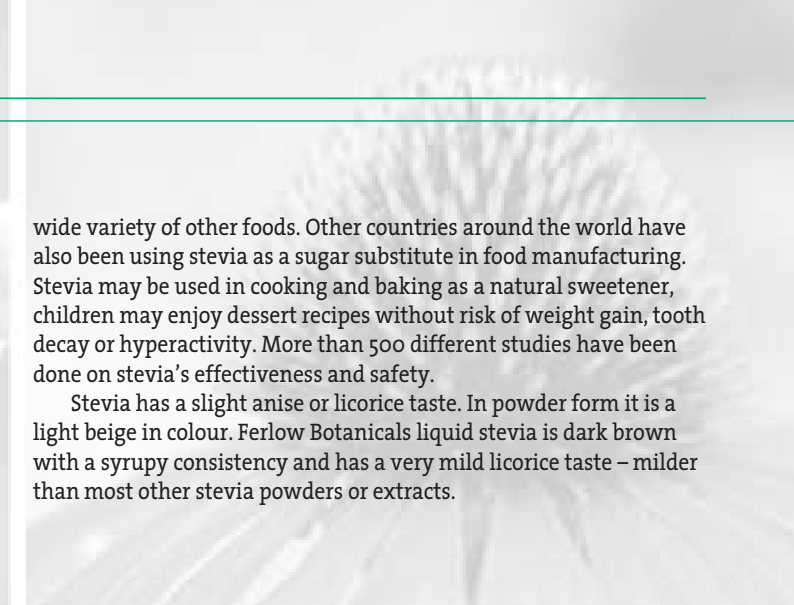
sweeter than sugar without negative effects. It is nutritious and contains Vitamins C and A, chromium, cobalt, magnesium, manganese, niacin, selenium, silicon, and thiamin to name a few.

It can sweeten any drink with no calories, no carbohydrates, no tooth decay and is diabetic safe. Stevia nourishes the pancreas and does not raise blood glucose levels, making it not only safe for diabetics but also beneficial. Since there are no calories or carbohydrates, stevia is an excellent weight loss aid. It does not exhibit the negative side effects reported with the use of artificial sweeteners including aspartame. Adding stevia to your diet on a



regular basis, it has also been reported that it can help minimize hunger sensations, cravings for sweets or fatty foods, aide in digestion, decrease hypertension without effecting normal blood pressure, stabilize blood glucose levels, shorten recovery time from cold and flu and aide in addictions to tobacco and alcohol. When used in toothpaste or mouthwash, cavities and gum disease is reduced due to its antibacterial properties. Stevia is also temperature stable and can be used in baking and cooking.

After extensive research, stevia has been safely used for over 30 years in Japan, where aspartame has been banned. Japanese manufacturers use stevia in cola, pickling, gum, ice cream and a



wide variety of other foods. Other countries around the world have also been using stevia as a sugar substitute in food manufacturing. Stevia may be used in cooking and baking as a natural sweetener, children may enjoy dessert recipes without risk of weight gain, tooth decay or hyperactivity. More than 500 different studies have been done on stevia's effectiveness and safety.

Stevia has a slight anise or licorice taste. In powder form it is a light beige in colour. Ferlow Botanicals liquid stevia is dark brown with a syrupy consistency and has a very mild licorice taste – milder than most other stevia powders or extracts.