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SWEETS- HOW TO LIMIT THEIR INTAKE FOR BETTER HEALTH
INFORMATION ON STEVIA

Here are some basic principles regarding sweets:

1. Eliminate sugar and all processed and baked foods containing sugar. This includes brown sugar, corn syrup, dextrose, maltose, cane sugar, etc. The average consumption of sugar is now well in excess of 100 lbs./year, most of which is hidden in processed foods!!! Historically, refined sugar was first made & used as a drug, and it is very addictive. It is now the country's #1 drug problem, contributing to mood & behaviour disorders, & all chronic diseases!

2. Excess sugars (even natural and fruit sugars) will contribute to problems with hypoglycemia (low blood sugar), and favour the proliferation of abnormal bacterial and yeast within the intestinal tract (dysbiosis).

3. Replace these with small amounts of the more natural sweeteners: honey, molasses, or maple syrup. Agave syrup is reasonably acceptable, but not as well tolerated as honey for some persons. In general, honey is the natural sweetener that is the best tolerated, and the one that is recommended for those following the specific carbohydrate diet for control of severe dysbiosis. A goal to work towards is 6 lbs/year (2 teaspoons per day) per adult, INCLUDING all used in cooking. This is the amount Americans used in 1822. **Children and those with health problems need to reduce intake of these natural sweeteners to even lower levels: 1/2 tsp. per day for an initial trial period of 1-2 months.** After this trial period, if there has been improvement in overall health, people can test their tolerance to slightly higher intakes of fruits and sweeteners. **Often people are quite surprised when they begin to see how sensitive to small quantities of sweets they are.**

4. Some sugar alcohols (sorbitol, erythritol, xylitol) are acceptable to use in small quantities, but even these can ferment in the bowel and aggravate intestinal dysbiosis.

5. Fruit is the best sweetener. Even so, because of its high sugar content, it is best to limit fruit to 1 piece (maximum 2 pieces) per day as fresh fruit, or its equivalent in dried fruit or juice. (Think of how many oranges it takes to make a large glass of orange juice.) It is better to use fruits that are not overly sweet. Limiting the sugars in fruits and vegetables relates to how sweet they are as opposed to their official designation as fruit or vegetable. That means that the tropical fruits (banana, mango, papaya) contain a lot of sugar, and are highly likely to aggravate fermentation in the bowel. Less sweet fruits (such as apple & pear) are much more likely to be tolerated in small amounts. In general, fruits such as apple, pear, lemon, berries are usually better tolerated than very sweet fruits such as banana, mango, pineapple. Tomatoes are technically considered a fruit, not a vegetable, but these contain less sugar and so should be fine. A lot of vegetable sugar (such as huge quantities of carrot juice or beet juice) could trigger a similar reaction as to sweet fruit. To keep it simple, use your palate as a guide in terms of what degree of sweetness your child can tolerate without aggravation of symptoms.

6. Baking can be made to taste reasonably sweet using a combination of stevia, fruit, and tiny amounts of honey, but usually levels of sweeteners as low as this can be achieved only with home baking. Most commercial baking, even gluten-free baking, is very heavily sweetened.

7. Persons highly addicted to sweets will often have to make gradual reductions in their intake. Going 'cold turkey' can induce troubling withdrawal symptoms in such people.

The first step would be to substitute honey and fruit sweetened foods for cane sugar sweetened ones, using higher levels of intake than I have suggested in section 3 above.

Once that step is made, then gradual reduction can be made in intake of sweets and fruit towards the limits set in section 3. This process becomes easier over time as people become more skilled in making desserts sweetened naturally, and as a person's taste for sweets reaches a healthier balance.

8. **STEVIA: INFORMATION PROVIDED BY NOW FOODS**

Stevia is an herb indigenous to Paraguay and Brazil that contains compounds called Steviosides that provide its sweet taste. Stevia is an herbal sweetener that is the only acceptable non-nutritive sweetener. The artificial chemical sweeteners such as Equal, NutraSweet (aspartame); Splenda (sucralose); cyclamate, saccharin all have concerns re toxicity. Stevia can help mask the unpleasant taste of supplements and medications, making it easier to administer them to children.

NOW® Stevia in liquid form seems much better tasting than other brands, especially their French Vanilla flavoured stevia. They have much less of the licorice-like aftertaste of regular stevia extracts. The French Vanilla version contains 12% alcohol , but the tiny doses of alcohol used are tolerated by most people. The regular NOW® Stevia comes in an alcohol-free version.

NOW's stevia extract is produced utilizing a patented process which involves extracting from stevia leaves using only water and alcohol. The resulting extract is treated with a vegetarian-source enzyme (glucosyl transferase) to reduce the licorice-like aftertaste of regular stevia extracts. The resulting extract is suspended in glycerin which has its own sweet taste, but is low in glycemic index, and also acts as a preservative. The following are not used and not allowed in the production of Stevia extract: pesticides, fumigants, irradiation, other solvents, sulfur dioxide. There are no carriers or flow agents added to the extract other than what is claimed on the label.

NOW® BetterStevia™ is 60 to 100 times the sweetness of ordinary table sugar. Following is a table giving approximate amounts Stevia when substituting this for sugar in a recipe.



Sugar	BetterStevia™ Liquid Extract
1 tsp	4 drops
2 tsp	8 drops
1 Tbsp	12 drops
1/2 cup	4 tsp
1 cup	2 1/2 Tbsp