

Welcome to David Oliver Rietz's "DORway" – [www.dorway.com](http://www.dorway.com)  
brought to you by Katie's Natural Way – Ted & Kathy

“Stevia is a natural, non-caloric, sweet-tasting plant used around the world for its pleasant taste, as well as for its increasingly researched potential for inhibiting fat absorption and lowering blood pressure. Despite its centuries-old use without reported toxicity in Latin America and Asia, including Japan, the FDA decided in 1991 that Stevia was an unsafe food additive and ordered all imports seized. The U.S. sugar industry breathed easier, and the market for non-caloric sweeteners was made once more safe for the chemical producers. The consumer was left with the choice of the empty calories of sugar, or the high side effects of the chemical substitutes.

To the rescue, the 1994 DSHEA legislation gave the (previous) leading importer of Stevia enough leverage to place a legal Hobson's choice before the FDA: Admit Stevia was safe (which would expose the food additive market) or admit it as a previously-sold dietary supplement with no evidence of toxicity. The FDA took the line of least resistance and declared it admissible as a dietary supplement, but not as a food additive. When the cheering of the sugar industry and the producers of Nutrasweet and Sweet'N Low dies down, it will be interesting to see how the FDA can maintain that a natural product deemed safe as a supplement can be unsafe as a food additive, especially for a market dominated by notoriously high side-effect chemical products. “

**[Stevia - A Natural Choice](http://www.projecta.com/sentienttimes/july98articles/martini.htm) by Betty Martini (637 words)**  
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Stevia is widely-used as a no-calorie herbal sweetener - a replacement for sugar and for the more toxic artificial sweeteners such as Monsanto's aspartame/neotame (NutraSweet©). Stevia has been used for centuries without adverse reactions and it is said to be particularly helpful for diabetics. Extensive independent laboratory studies have shown no danger from stevia use.

The use of stevia as a sweetener is common in Japan, Korea, and South America. Because people are getting off of artificial sweeteners, stevia's popularity is growing rapidly in the United States. However, the FDA continues to try to prevent stevia from being used as a sweetener with actions that many assume are intended to protect Monsanto, the manufacturer of aspartame/neotame.

Zoltan P. Rona, M.D. wrote about Stevia in the Aug/Sept 1996 issue of Health Naturally. He said that stevia is a perennial shrub, the extracts of which have been used for centuries as a safe, natural sweetener by people in Paraguay and Brazil. Virtually calorie-free, stevia prevents cavities and does not trigger a rise in blood sugar. It is well known for aiding diabetics because it helps in the metabolism of sugar. If asked in many countries where it is used what it is, the reply would probably be "it a sweetener."

For years Stevia was embargoed in the U.S. and many felt that the FDA, with strong loyalty to Monsanto, didn't want competition. After years of pressure, they finally agreed to approve stevia as a dietary supplement and lifted the embargo.

The public doesn't care what you call Stevia as long as there is finally something with a record of thousands of years of safety that they can rely on, and something that will allow diabetics to sweeten their food and add taste enjoyment to life. Aspartame, on the other hand, according to diabetic specialist H. J. Roberts, M.D., causes destruction of the optic nerve, out-of-control blood sugar, and even convulsions, in diabetics. Many suffer from the agonizing joint pain triggered by aspartame (which hardens the synovial fluids), believing they are suffering from diabetic neuropathy .

According to Dr. Rona there has never been a report of an adverse reaction linked to stevia, while complaints flood in which blame seizures, blindness, brain tumors and even death on aspartame. The FDA Report itself lists 92 documented symptoms, including death. They are not even acknowledging to the press the true number of complaints and even in Congress it was admitted that they have gone so far as to refer complaints to the AIDS Hotline to prevent their record. A paper distributed at the First International Conference on Emerging Diseases written by Dr. Roberts has declared Aspartame to be a disease and worldwide epidemic.

Dr. Rona said in his article "For apparently no good reason other than political, stevia is under attack by the U.S. Food and Drug Administration. In 1991, the FDA banned stevia imports for use in foods at the request of an aspartame manufacturer. Stevia is also non-patentable, another undesirable feature for the drug barons." Dozens of well-designed studies of stevia's safety, chemistry and stability for use in different food products have been published worldwide.

Called a "Super Volunteer Activist," by H. J. Roberts, MD, FACP, FCCP in the May, 1996 Townsend Letter for Doctors and Patients, Atlanta resident Betty Martini is the force behind Mission Possible International, a hands around the world campaign, with a worldwide volunteer force, warning the world off NutraSweet©. As Betty says, "Teamwork is the fuel that allows common people to produce uncommon results," of which this large grassroots effort is proof.

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