

All Natural Always Wins over All Chemical!

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by Dr. Jones

Over the past 20 years, we have become fat. There is no other way to say this. Obesity is an epidemic in North America For adults and increasingly, for children. Over the same period, intake of calories from soft drinks has more than doubled for Americans (see [Obesity and Soft Drinks](#). We now get more of our calories from soft drinks than from fruit, vegetables, grains, meats, or any other food group. Are we meant to feed ourselves with liquids?

How did this happen? A University of North Carolina study showed that caloric intake from soft drinks in the United States increased 135 percent between about 1977 and 2001. Over the same time period, calories from milk dropped 38 percent. Coke's sales over the same period increased by an even larger percentage. And as Coke expands across the world, the world is steadily following in our footsteps towards obesity.

Luckily, the fine people at Coke and Pepsi know that sick or dead customers are not good customers at all. So they (and other food companies) worked diligently over the past 20 years and came up with a nice portfolio of artificial sweeteners (Equal, Aspartame). These significantly reduced the caloric value of soft drinks. The only problem with these sweeteners is that many people think they're dangerous. There are many studies that link these products to different forms of cancer (see [Dangers of Aspartame](#). While these studies are far from conclusive, many consumers are nonetheless searching for more natural substitutes.

Stevia is a natural sweetener used around the world for centuries. From Russia to Tibet and Chile, Stevia has a long track record as a sweetener with very little impact on our caloric intake. Stevia is also recommended as a natural sweetener for people with diabetes. Some research even finds Stevia can reduce the probability of getting Type II diabetes (see [Stevia and Diabetes](#). Bottom line is that Stevia is a natural sweetener that can reduce our calory count significantly.

Unfortunately, the FDA has decided that Stevia is bad for you. Why? Well, for one, its hard to patent or trademark. God has the original recipe and unlike large corporations, he will share this great product for FREE. Not a cool word for Coke, Pepsi or Cadbury Schweppes (see [The Stevia Conspiracy](#)).

Because of this, it is extremely complicated to produce good, naturally sweetened soft drinks or energy drinks. As surprising as it may seem, very few Stevia-based products exist in the US (unlike Japan). But luckily there are a few alternatives. I've listed below a soft drink and an energy drink that I've tried and like.

Carbonated Drinks: Virgils: Not easy to find online. They have a few flavours (Cola, Root Beer). Good taste. Promising if they become more available.

http://www.bevnet.com/news/2008/8-25-2008-Diet_Real_Cola_Virgil's.asp.

All natural Energy Drink: GURU Energy Drink, white can. The only naturally sweetened energy drink I've seen on the market. It gets its calories from Stevia and organic cance juice. I must admit I am biased because I've been drinking one of these every day for the past few years (instead of coffee). Available online at [Organic Energy Drink](#). Also available at Whole Foods.

About the Author:

About the Author: Dr. Jones is an expert in matters of any topic that he deems controversial and illogical. He writes and consults for different natural foods focused websites. For more, read his blog at [Natural Energy Drinks](#) or on Squidoo at [Organic Energy Drinks](#).

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