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## Stevia Energy Drinks don't mix well with FDA

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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 the USA 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?

Is it any surprise that Coke is one of the largest companies in the USA and we are the fattest country in the world? Is it any surprise that as Coke has started spreading its activities more aggressively across the world over the past 10 years, the rest of the world has become nicely plumper as well?

In order to curtail this problem, big pharma has come up with all kinds of prescription drugs to deal with the symptoms of obesity. The most readily available are the artificial sweeteners concocted by the likes of Monsanto and ADM. These artificial sweeteners (sucralose, sucrose). These significantly reduced the caloric value of soft drinks.

The only issue I have with these chemically derived products is that more and more studies seem to point to significant side effects over time. Many studies have found these products to be responsible for cancers of all sorts. I know that many of these studies might have questionable methodologies, but where there is smoke...As a result, many people are looking for natural alternatives.



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One such alternative is Stevia. It's been used for centuries in ancient cultures around the world. From India to Brazil to China and South Africa. Stevia has also been used as a natural low calory sweetener for diabetics. There is research suggesting that Stevia could reduce the onset of Type II diabetes. For most of us, Stevia is a good alternative to artificial sweeteners to reduce our caloric intake.

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.

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