

## Using Stevia with the HCG Diet

One of the main food additives that aids HCG dieters in sticking to their meal plan is Stevia. Stevia is a South American herb that has been in use as a sweetener for hundreds of years. It is an exceptional weight loss supplement due to its zero calorie content. It also conveniently reduces cravings for fatty and sugary foods.

HCG dieters already have the advantage of the HCG working on their hypothalamus gland (which controls the emotional/eating and drinking portions of the brain). With the addition of Stevia to their diet regime, they have an additional tool helping them stick to their very low calorie diet. The Stevia is available in a wide variety of flavors from a wide range of outlets. Flavors include: Vanilla Creme, Peppermint, Apricot Nectar, Cinnamon, Root Beer, English Toffee, Valencia Orange, Grape, Milk Chocolate, Lemon, Dark Chocolate and Chocolate Raspberry.

The wide range of flavors means that there's one that will work for every dieter. The introduction of Stevia to the herbal tea that serves as a basic element in the HCG food regime can make a huge difference as it combines with the positive qualities available in appropriate herbal tea choices to give dieters an unlimited source of taste and distraction.

Stevia comes from the leaves of a small, green stevia rebaudiana plant. It offers a delicious and refreshing taste that is said to be up to 30 times sweeter than sugar. In addition to being good for weight loss, Stevia is a positive in fighting both diabetes and breast cancer.

New research indicates that Stevia may have an even greater use for dieters than previously believed. It is being concluded that a defect may exist between the stomach and the hypothalamus in many who are overweight or obese; it fails to turn off the hunger sensation when the individual is full. Early indications are that Stevia corrects the defect so that the hunger mechanism functions correctly.

The incorporation of Stevia as a sweetener in the HCG diet's food regime is just one more tool that makes navigating the program successfully easier. It fulfills the "all natural" element that the diet is based on and brings extra benefits to users as well. The HCG diet doesn't come with any negative side effects, but more than that...it comes with several positive effects in addition to the weight loss dieters are looking for. They'll finish the program significantly lighter AND healthier.