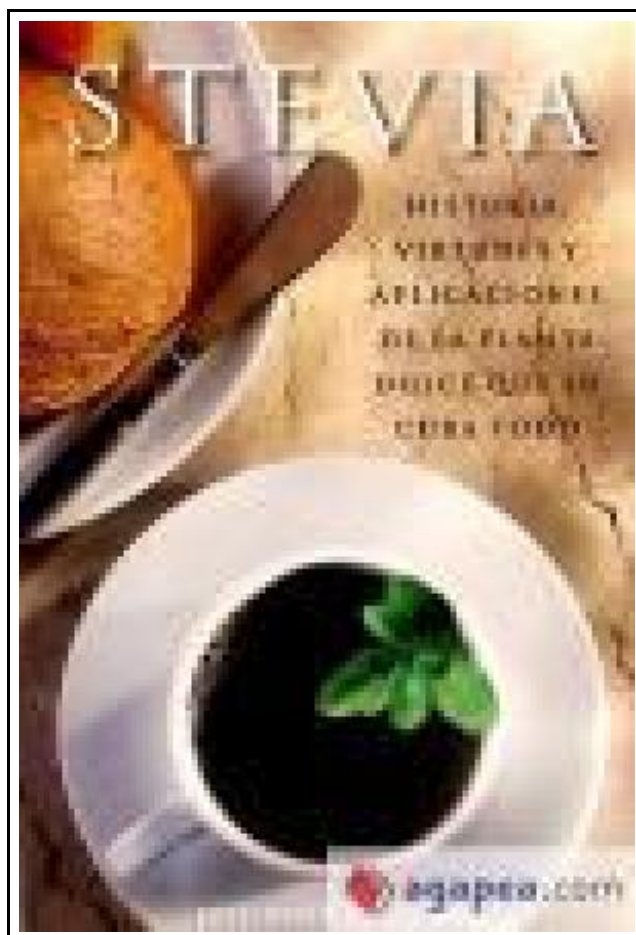


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Ediciones Obelisco, S.L., 2010. soft. Book Condition: New. Stevia Rebaudiana Bertoni es una planta medicinal de interés fundamental para el tratamiento natural de la diabetes, la obesidad, el tabaquismo y la hipertensión. Se trata de un edulcorante natural que no aporta calorías, que regula los niveles de glucosa en sangre y que carece de los efectos negativos de los edulcorantes artificiales. Originaria de Paraguay, los nativos del país han utilizado esta planta durante generaciones, no sólo para endulzar, sino también como digestivo, diurético y antiácido. Hace décadas que la Stevia goza de gran popularidad en Sudamérica y en Japón gracias a sus propiedades terapéuticas extraordinarias, y actualmente está viviendo un proceso de expansión imparable a nivel mundial. El extracto de sus hojas es ideal para la elaboración casera de bebidas, dulces, mermeladas, repostería, confituras o yogures. Desde hace años, es fácil encontrar cultivos de la planta de Stevia en Europa; uno de los centros más famosos se encuentra en Balaguer, a pocos kilómetros de Barcelona, en la provincia de Lérida.

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