



Cómo cura la estevia (MANUALES INTEGRAL) (Spanish Edition)

José T. Gállego

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La alternativa más natural y saludable al azúcar

La estevia (*Stevia rebaudiana Bertoni*) es un arbusto originario del Paraguay y Brasil. En estos países, desde siempre se han usado sus hojas (unas 30 veces más dulces que el azúcar) como endulzante natural, y su extracto, aún mucho más dulce, se emplea como edulcorante en distintos países asiáticos, como Japón y China.

Las hojas secas de la estevia contienen proteínas, fibra, hierro, fósforo, calcio, potasio, zinc, flavonoides y vitaminas A y C. Constituye una buena alternativa como edulcorante para los diabéticos, además de que ayuda a regular los niveles de glucosa de sangre. También tiene otras ventajas, ya que es una planta antibacteriana bucal, digestiva, diurética, vasodilatadora y con efectos beneficiosos en la absorción de las grasas y la regulación de la presión arterial, además de poder utilizarse en aplicaciones cosméticas. En este libro el autor nos descubre todas las posibilidades terapéuticas de esta planta, cómo utilizarla e incluso cómo cocinar con ella.

José T. Gállego, (Madrid, 1973)

Periodista y agricultor ecológico especializado en plantas medicinales. Ha publicado cientos de artículos sobre cultivo ecológico, y es autor de *El huerto ecológico en macetas* y *Cómo cura la espirulina*. Con el cambio de siglo, cansado de la ciudad, se trasladó al campo con su familia en busca de una vida sencilla en contacto con la naturaleza. Practica la agricultura ecológica y biodinámica, vive rodeado de animales y produce casi todos los alimentos que consume.

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