

# *Will an apple a day keep the doctor away?*



It's one of the most recognizable expressions around: "An apple a day keeps the doctor away." But besides the fact that it rhymes, which makes it fun to say and easy to recall, does it really have any value? Could the common apple honestly help a person to maintain perfect health?

The first printed mention of this saying can be found in the February 1866 issue of the publication "Notes and Queries." The publication printed the proverb like this: "Eat an apple on going to bed, and you'll keep the doctor from earning his bread."

Nearly 150 years later, variations of this adage are still quoted. It's unlikely that the saying would have maintained such popularity if there wasn't some truth to it, right? With that in mind, let's consider some of the apple's components and their effect on our health:

Pectin -- Pectin is a form of soluble fiber that lowers both blood pressure and glucose levels. It can also lower the levels of LDL, or "bad" cholesterol in the body. Pectin, like other forms of fiber, helps maintain the health of the digestive system. Apples are an excellent source of pectin.

Boron -- A nutrient found in abundance in apples, boron supports strong bones and a healthy brain.

Quercetin -- A flavonoid, this nutrient shows promise for reducing the risk of various cancers, including cancers in the lungs and breast. It may also reduce free radical damage.

Free radicals develop when atoms in the body's cells have unpaired electrons, which can lead to damage to different parts of the cell, including DNA.

Quercetin may neutralize free radical damage, which has been implicated in a variety of age-related health problems, including Alzheimer's disease.

Vitamin C -- Vitamin C boosts immunity, which helps maintain overall health.

Phytonutrients -- Apples are rich in a variety of phytonutrients, including vitamins A and E and beta carotene. These compounds fight damage from free radicals and can have a profound effect on health, including reducing the risk of heart disease, diabetes and asthma.

Apples also act as a toothbrush, cleaning teeth and killing bacteria in the mouth, which may reduce the risk of tooth decay.

They're also low in calorie density, one of the trademarks of a healthy food. When a food is low in calorie density you can eat good size portions of the food for relatively few calories.

# *Are apples the secret to a long life?*



An apple a day can reduce the risk of diabetes, high blood pressure and many types of cancer. Are other fruits just as good for you as apples? Sure. All fruits are loaded with nutrients that are building blocks to good health. Bananas are loaded with potassium, which is important for a healthy heart and proper muscle function.

Blackberries are loaded with fiber, and strawberries contain vitamin C and fiber. Like cranberries, blueberries help prevent and fight urinary tract infections. Apricots, fresh or dried, are high in beta-carotene. One of the things that makes apples so incredibly healthy is the amount of fiber they contain, but that's lost during juicing.

If all fruits are nutritional powerhouses, why are apples the only one to be included in the folklore? At the time the adage emerged, apples were easy to grow (and still are). Once harvested, they could remain in storage for nearly a year. Recent studies have shown that, unlike many fruits and vegetables, the nutritional benefits of apples remain

relatively stable as long as 200 days after harvest. While an apple a day will go a long way toward keeping the doctor away, most nutritionists recommend a varied diet. In addition to apples, fill your shopping cart with citrus fruits, tropical treats like mangos, and a variety of berries, which pack a nutritional punch. Eating several servings of a varied selection of fruits each day is truly the best way to keep the doctor away.

## *Eating apples lowers risk of stroke.*



A large Dutch study has found that eating apples and pears is associated with a lower risk of stroke.

The findings counter the widespread belief that the most healthful fruits and vegetables are those that come in deep, rich colors inside and out. The dark green of spinach and deep red of raspberries are produced by phytochemicals that are associated with better heart health and lower rates of cancer, prompting the common advice to “eat your colors.” Apples and pears, although red, light green or yellow on the outside, are typically considered “white” fruits because the inside of the fruit, which represents the largest edible portion, is white.

Why apples and pears might reduce stroke risk isn't known, though both fruits are rich sources of dietary fiber, which is associated with lowering blood pressure. Both fruits also contain a number of nutrients and phytochemicals, including the flavonol quercetin, which may have anti-inflammatory properties.

## *10 reasons to eat an apple a day with serious health benefits.*



### *Health benefits:*

1. Apples are filled with soluble fiber (5 grams). This fiber has been shown to reduce intestinal disorders, including diverticulitis, hemorrhoids and possibly some types of cancer. It helps control insulin levels by releasing sugar slowly into the bloodstream. It cleanses and detoxifies, which helps eliminate heavy metals, such as lead and mercury.
2. Apple pectin helps reduce cholesterol levels by lowering insulin secretion.

3. In two studies researchers found that eating five apples a week lowered the risk for respiratory diseases like asthma.

4. According to Chinese Medicine: Apples strengthen the heart, quench thirst, lubricate the lungs, decrease mucous and increase body fluids.

5. Apple cider vinegar can help prevent the formation of kidney stones.

6. Studies indicate that eating apples daily can reduce skin diseases.

7. According to a Brazilian study, eating an apple before a meal helped women lose 33 percent more weight than those who didn't.

8. An apple has only 50-80 calories and has no fat or sodium.

9. Apples are packed with vitamins C, A, and flavonoids and with smaller amounts of phosphorus, iron and calcium.

10. Apples provide a source of potassium which may promote heart health.

11. So there you have it ... lots of good reasons why it is good for you to eat an apple a day!



## *Interesting apple facts:*



*"Any fool can count the seeds in an apple. Only God can count all the apples in one seed." –Robert Schuller*

There are more than 7,500 varieties of apples.

The apple tree is a member of the rose family.

When you eat an apple you are consuming a lot of air; 25 percent of their volume is air!

Apples have 5 percent protein.

Apple trees can live to be 100 years old!

The largest apple weighed three pounds.

In ancient Greece when a man proposed to a woman he would toss her an apple and if she decided to catch it, it meant she accepted.

It takes the energy from 50 leaves to produce one apple.

## *To get the most from eating powerfood apples:*

Eat apples with skin to get the nutrients; many of the nutrients are in the skin or just under the skin (most of the vitamin C and vitamin A are in the skin).

*Apples have been found to be the most heavily pesticide-contaminated produce products according to The Environmental Working Group. The most common pesticides found on apples are Permethrin and DDT. Non organic apples are often waxed which is not digestible. Try to buy organic apples or if you cannot, wash them thoroughly before use preferably with a fruit and vegetable wash or peel them.*

### *Apple cautions:*

As apple seeds are toxic when eaten in high doses, they should be avoided by pregnant or breastfeeding women and children. Apple juice concentrate can be full of arsenic when it is not organic according to Dr. Oz in his research. They did not find arsenic in organic apple juice.

## *Three Day Apple Detox*



## *Rules of Detox*

Eat only apples and drink only water for 3 days, record affects.

## *Supposed Benefits*

Flushing of poisonous metals from eating meat and fish from the body by the healing powers of apples. Alkalinity of apples restores balance in the body from all the acid contained in high protein foods.

Apple pectin is helpful dietary fiber in maintaining good digestive health. Fruits rich in apple pectin include the peach, apple, currant, and plum. Protopectin, present in unripe fruits, is converted to pectin as the fruit ripens. Pectin forms a colloidal solution in water and gels on cooling.

In overripe fruits, the pectin becomes pectic acid, which does not form jelly with sugar solutions. An indigestible, soluble fiber, apple pectin is a general intestinal regulator that is used in many medicinal preparations, especially as an anti-diarrhea agent.

Today, nutritional scientists research for evidences that verify how apples are good for our health. Apples are rich in pectin, a soluble fiber, which is effective in lowering cholesterol levels. Researchers at the University of California, Davis, found that apple pectin also acts as an antioxidant against the damaging portion of cholesterol in the blood stream.

Many researchers suggest that people who eat fatty foods should, if possible, wash down this food with apple juice rather than the usual drink. Researchers have found that raw apples are the richest of fruits in pectin, with the jonagold variety of apple leading other varieties. It has been established that a diet rich in apple pectin may help protect against certain diseases. Research in Japan supports that apple pectin can also decrease the chances of colon cancer. Apple

pectin helps maintain intestinal balance by cleansing the intestinal tract with its soluble and insoluble fibers. Apple pectin tends to increase acidity in the large intestines and is advocated for those suffering from ulcer or colitis and for regulating blood pressure.

Pectin is also effective in causing regressions in and preventing gallstones. There is also evidence that the regular use of apple pectin may lessen the severity of diabetes.



*"Even if I knew that tomorrow the world would go to pieces, I would still plant my apple tree." -- Martin Luther*