

Can an Apple a Day Really Keep the Doctor Away?

It just might! The apple is jam-packed with nutrients and has been shown to contain rich sources of vitamin C, dietary fiber, beta-carotene, flavonoids, phytosterols, antioxidants, and a wide range of vitamins, minerals and amino acids. Its benefits range from glowing, radiant skin to cancer prevention. Discover what else an apple a day can do for your health.



- Studies show that the soluble fiber (pectin) in apples promotes digestive health, counteracts the negative effects of radiation therapy, prevents gallstones, and rids the body of toxins
- Consuming an apple a day has been found to lower bad cholesterol levels by 8-11%
- The peel of the apple has enough antioxidants and nutrients to inhibit the body's aging process, prevent cancer and lower bad cholesterol
- French researchers found that a flavonoid found only in apples, called phloridzin, increases bone density and may protect against osteoporosis
- Apples have been shown to promote oral health and healthy skin
- A study of 10 000 people showed that those who consumed apples on a regular basis had a 50% lower risk of developing lung cancer
- Studies show that women who consume apples regularly during their pregnancy reduce their child's risk of asthma

Source: http://www.naturalnews.com/031794_apples_health.html