

## **An apple a day can keep the doctor away**

**Question:** Is it true an apple a day can keep the doctor away?

**Answer:** There is more truth in this statement today than ever before. Our soils have become tainted with toxins and much of our fertile farmland has been stripped of its essential vitamins and minerals. Almost 80 percent of our fruits and vegetables that you buy at a standard super market are genetically manufactured. The bottom line is that the fruits and vegetable you eat today do not even have half the nutritional value as they did 50 years ago. To receive our appropriate nutritional dosages of fruits and vegetables we would literally have to eat twice as much as someone did 50 years ago.

Fortunately apples are partially the exception. Many apple orchards are organically farmed and in areas less exposed to airborne and fluid contamination. Our area is blessed with being on the same equatorial plane and environment necessary to grow apples, which means quicker to you from the tree and less chance of decay.

Apples are loaded with antioxidants and many studies substantiate the beneficial effects of antioxidants on our health. Antioxidants guard against cell damage and provide protection against several diseases, including heart disease, diabetes, asthma and lung cancer. Apples are one of the highest yielding sources of antioxidants of all fruits.

A recent study conducted by Cornell University researchers concludes that eating lots of fresh fruit and vegetables might be a significant factor in reducing the risk of developing brain diseases such as Alzheimer's disease. A

single apple contains the same antioxidant properties as 1,500 milligrams of vitamin C, and researchers agree that the benefits of fresh fruits and vegetables are better than those in any pill. And don't peel that apple. Because most of the benefits are contained in the skin of the apple, so leave it on when you eat it!

**Quote of the week:** *"Never eat more than you can lift."* – Ms. Piggy