



One apple a day keeps the
doctor away

Let's learn about Apple

July 2022 Health Nugget by Beatrice Brunken

1

Detoxification

Pectin is the primary fiber that is present in apples acting as an intestinal "broom"



2

Alkalizing agent

organic acids renew the intestinal
flora and prevent intestinal
fermentation.



3

Astringent/Anti-inflammatory

Apples are one of the fruits richest in tannins



4



Lowers cholesterol and
prevents arteriosclerosis

Phytochemicals or flavonoids keep
cholesterol from depositing in the arterial
walls



5

Bone health

Apples are one of the fruits richest in boron



6



Lowers blood pressure

apples facilitate the elimination of sodium ions that cause arteries to contract and the potassium replaces the sodium and helps regulate fluid balance



7

Colon cancer

Pectin is capable of preventing the growth of cancerous tumors in the colon



8

Liver disease

Apples' depurant effects decongest the hepatic gland aiding the treatment of chronic hepatitis and fatty degradation of the liver.