

# **An Apple a Day Keeps the Doctor Away**

I'm sure you've heard the saying "an apple a day keeps the doctor away." Do you believe it? I do. Apples are an incredibly easy, inexpensive, and delicious way to add fiber, vitamins, minerals, and antioxidants to your diet.

Apples have been around forever, since the days of Adam and Eve. What have we learned about the correlation between apples and good health?

## **The Health Benefits of Apples**

Apples are fat-free, cholesterol-free, gluten-free, low in sodium, and full of fiber (with the peel on), pectin, vitamins, flavonoids, minerals and antioxidants. One apple contains approximately five grams of fiber and just eighty calories.

### **Which Minerals are Abundant in Apples?**

Apples are full of magnesium and potassium which help control your blood pressure. Quercetin is a flavonoid found in apples that protects your artery walls as well as your lungs. Boron, a trace mineral that is absorbed from the soil, is also found in apples. It has been shown to be beneficial for your joints.

### **Antioxidants Prevent and Stop Cancer**

Research has proven that antioxidants are helpful to prevent disease and even to stop the growth of cancer cells once they are present in your system.

### **Apples Alleviate Constipation**

Doctors have suspected for years that constipation is at the

root of many illnesses. Constipation is caused by insufficient fiber in the diet. Conditions such as appendicitis, varicose veins, diverticulitis, hernias and hemorrhoids are all thought to be caused by strained bowel movements.

Most people know that fiber can alleviate these strained bowel movements. An apple a day can go a long way to keeping your body regular and free from constipation. My children can attest to the fact that anytime they complained of a stomach ache, I would always ask them when the last time they had a good poop. I would then prepare them a large bowl of sliced apples (with the peel still on) sprinkled with cinnamon.

See a [previous post](#) all about what your poop will tell you.

## **Pectin in Apples Stops Diarrhea**

Pectin is a carbohydrate found in apples that helps our intestines when diarrhea is a problem. This is because pectin causes food to congeal, just as it does when you use it to make jam or jelly.

Most mothers are familiar with the BRAT diet recommended when their children have diarrhea. It consists of bananas, rice, unsweetened applesauce and toast. Most of these ingredients are bland and easy on the stomach. The applesauce (apples without the fiber of the peel) is primarily included in this diet because of the pectin.

Now that you know just how good apples are for you, be sure to eat an apple a day to stay healthy or get healthier.

Starting today!

[photo credit](#)