

Juicing & Health

Our American ancestors offered simple advice: "An apple a day keeps the doctor away."

Our ancestors were smarter than most. With extensive study, fresh fruits offer tremendous health advantages and are packed with nutrients, vitamins, energy stores and things that are just plain good for us. Organically (holistically) grown fruits top that list of fruits and apples are the most nutrient-filled of all the tree fruits grown commercially.

Often eating raw apples have a myriad of benefits. Moreover, when apples and vegetables such as celery and carrots are blended, the health benefits have no bar. The earliest cultivation of apples probably took place in Turkey thousands of years ago when it was consumed only as a fruit. Since then, this juicy fruit has come long way, and is now also used to make delicious pies, jams, sauces, and various other delicacies. Benefits of apple juices are one too many, enriching your body right from almost all types of vitamins to essential minerals like iron, phosphorous and potassium.

Health Benefits

Vitamins & Antioxidants

- Smart and sweet, apples are rich in quercetin, an antioxidant that can bolster your body's disease-fighting abilities. In one study from Appalachian State University, just 5 percent of people who ate more quercetin came down with a respiratory infection over a two-week period, compared to 45 percent of those who didn't.
- Raw apple juice (glass of 8 oz.) contains 110 calories and the same serving of peeled apple juice contributes about 120 calories to your daily diet.
- Raw apple peel contains vitamin A which helps to increase the vision capacity of the eyes, aiding in adjustment during instances of low lighting.
- The antioxidants found in apples also protect the body from cellular damage and cancer.
- Apple juice has an appreciable amount of vitamin C, which helps in the



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wear and tear of body cells and tissues, and also in increasing the immunity level. Hence, it is always recommended in case of injuries.

- Apple juice is rich in potassium and reduces arthritis pain and rheumatism.
- Allow apples to ripen for a few days. As they ripen, the amount of nutrients in its skin increases.
- You can mix it with any other healthy juice and make it even more nutritious. When apples are mixed with carrots and celery, they not only improve our eyesight, but also prevent our bones from becoming brittle.

Organ Health

- Pure apple juice benefits us by helping in the proper digestion. It also gets rid of any detrimental toxins from our body. This in turn, reduces diseases in liver and kidneys.
- Apples and apple juice have natural sugars present in them, increasing our energy level.
- The pectin present in the juice soothes our intestines and also helps us during constipation, and in balancing the useful and the harmful bacteria in the colon.
- The fiber content in apples aids in regular bowel movement, cutting down the possibility of colon cancer, and reduces the risk of heart attack.
- Research indicates that apples contain a type of organic polyatomic ion that helps in the betterment of our memory.
- Apple juices are known to reduce the risk of asthma.
- Having a glass full of apple juice every day keeps Alzheimer's at bay.

Lowers Cholesterol

- Apples prevent cholesterol from forming in our blood vessels. This also reduces the risk of heart attack.
- Apple juice consists of compounds called phytonutrients. These compounds reduce the impact of the LDL (low-density lipoprotein) in our body. The LDL causes a plaque inside the wall of the coronary artery which leads to atherosclerosis.

Here's to your health and enjoying "an apple a day!"



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