

7 Healthy Reasons to Eat Apples

It is no secret that apples are some of the most delicious and one of the healthiest foods on earth. There are a number of benefits to eating apples such as the fact that it may help prevent cancer, reduce cholesterol levels, help prevent Alzheimer's disease, and help protect your bones. That is why it is important to keep apples part of your daily menu.

The saying, "an apple a day keeps the doctor away," holds true for many reasons. It has never been thought of as a myth really; however recent research has solidified that saying and given it more validity.

1. Bone Health

Apples contain a flavinoid known as phloretin which may hold promise for women who are postmenopausal and suffering from osteoporosis. This may help by increasing bone density. Women who eat apples have a much better chance of living a healthier and longer life

2. Asthma

Research has shown that there is a correlation in the development of asthma in children, in which those who eat apples and drink apple juice suffer significantly less than those who do not or did not

3. Alzheimer's Disease

Alzheimer's is a degenerative disease in the brain which destroys the memory. A recent study has shown that a component of the apple called quercetin, may aid in protecting the brain such damage and ultimately help with psychological diseases overall.

4. Cholesterol Levels

An increase in LDL levels (bad cholesterol) can cause the atherosclerosis (hardening of the arteries) and can be a leading factor in cardiovascular disease (heart attacks and strokes). A basic component of apples is pectin, which can help prevent this. This is because the fibre component may allow the body to lower the overall levels of LDL, promoting a healthier way of living.

5. Cancer

The high levels of flavinoids in apples may help prevent a wide variety of cancers such as breast, colon, lung, throat, and liver cancer. The theory is that it may slow the production of these various types of cancer cells. What the studies show is drinking "cloudy" apple juice, which is whole apple juice may help this type of prevention.

6. Type 2 Diabetes

The pectin in apples has been shown to help prevent diabetes and actually lower the need for insulin in the body. The pectin may also help maintain the glycemic (sugar) balance.

7. Weight Loss

A huge part of losing weight is eating healthy. Eating apples regularly while trying to lose weight can help you for a variety of reasons. They are sweet and low in calories. You will find they taste great and will help curb your appetite.