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Here Are Several Basic Reasons Why Consuming Apples Is Good

Every person has heard the words "an apple a day will keep the doctor away", however the question is, is this genuinely a true statement. Many men and women have lived with this school of thought for many years, and they additionally pass this on to their children. You will even find that men and women in other country's also stick to this simple rule and they don't know why. In this post we are going to be looking at apples to see if they really are a food that will help to keep you healthy.

You might have always been told to be certain that you are eating your fruit and veggies so you get your vitamins, but apples have been at the top of the list. Well lets have a look at the vitamins and minerals which you can discover in just one apple. On the subject of the particular minerals that tend to be in apples you will find, potassium, calcium and zinc just to mention a few. And you'll also find vitamins in your apples like, vitamin A, B1, B2, niacin, folate, pantothenic acid, B6, C, E, K and other trace vitamins.

Now the question is, exactly why are these vitamins and minerals so important? Well to start with there have been a lot of studies done that report that eating apples can reduce the risk of various cancers. A number of the cancers that apples will help avoid are breast, liver, lung and colon cancers. That point alone should be enough to make sure people are eating at least one apple a day.

You will additionally be able to possess a healthier heart by eating apples. With all the substances that you will discover in apples, including fiber, they work together to help your heart health. These ingredients can even help to decrease your cholesterol, which is also good for promoting heart health. The one thing you should recognize is that many of the ingredients for a healthy heart are found in the skin of the apple. And your best option is to locate a local farm that grows only organic apples and make sure you eat the skin as well so you can get the most advantages of the apple.

More than likely you've heard of Cornell University, well they did their own study on how apples can benefit a persons brain. These studies indicated that the ingredients in apples have the ability to help keep your brain cells from deteriorating with age. And due to this you will see that apples can actually help people avoid the symptoms of Alzheimer's.

To conclude, I guess an apple a day actually can keep the doctor away and now you know why. In this post we just dealt with some of the benefits of eating an apple a day. You'll be able to locate many more benefits for your health when it comes to apples. So do yourself a favor and purchase some apples the very next time you go to the store. It can definitely help your overall health for short term and also for the long haul.