



aussie apples
oneadaysuperfood.com.au

PRESCRIPTION

NAME:..... AGE:.....

ADDRESS:.....

DATE:.....

R_x

visit nature's pharmacy (The Green Grocer)

Take an apple daily

Repeat daily for the rest of your life

Signature:..... *Dr D Chenoft*

REPEAT

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
MON	TUE	WED	THU	FRI	SAT	SUN

78737 3663 RX



According to the latest science, apples:

- are one of the very few individual foods specifically identified in human population studies as having the capacity to reduce cancer risk¹.
- have more than twice the antioxidants of green tea², the highest antioxidant content of Australia's most popular fruits³, ten times the antioxidant power of young upstarts like goji berry juice³ and more antioxidants than a 1500mg megadose of vitamin C⁴.
- have consistently been linked to asthma protection and improved lung function in a number of studies, including an Australian investigation⁵ published in the American Journal of Clinical Nutrition.
- are one of a handful of fruits and vegetables (including onions, green leafy vegetables, pears and berries) identified from international studies by the Heart Foundation of Australia to lower risk of coronary heart disease⁶.
- are an ideal dietary food to aid weight loss⁷ and general wellbeing.

1. He, XJ and Liu RH (2007): Triterpenoids Isolated from Apple Peels Have Potent Antiproliferative Activity and May Be Partially Responsible for Apple's Anticancer Activity J. Agric. Food Chem, 55, 4366-4370

2. US Department of Agriculture, ORAC of Selected Foods, November 2007

3. Choice On-line August 2007 Superfruit Juices

4. Sun J, Chu Y, Wu X, Liu RH: Antioxidant and antiproliferative activities of common fruits. J Agric Food Chem 2002, 50:7449-7454

5. Woods R, Walters H, Raven J, Wolfe R, Ireland P, Thien F, Abramson M (2003): Food and nutrient intakes and asthma risk in young adults. Am J Clin Nutr, 78:414-421

6. Heart Foundation of Australia. Summary of evidence: Antioxidants in food, drinks and supplements for cardiovascular health. April 2010

7. de Oliveira M, Sichieri R, Moura A(2003): Weight loss associated with daily intake of three apples or three pears among overweight women. Nutr, 19:253-256