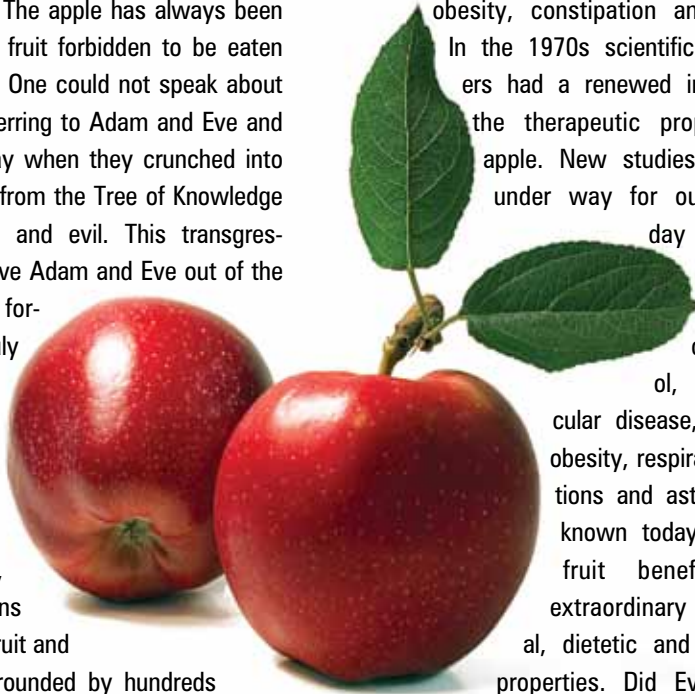


# Apple, The Fitness Fruit

by Terry... Naturally

## Part I

As scientists all over the world search for new and more potent fruits containing high levels of antioxidants, the apple still stands as one of the healthiest foods known to man. The apple is the oldest food in the world and originates at the beginning of time. The apple has always been the symbol of the fruit forbidden to be eaten by Adam and Eve. One could not speak about apples without referring to Adam and Eve and to the unhappy day when they crunched into the forbidden fruit from the Tree of Knowledge representing good and evil. This transgression led God to drive Adam and Eve out of the earthly paradise forever. Therefore, truly the apple dates from the beginning of humanity. Despite the episode in the Garden of Eden, the apple remains the most popular fruit and the one most surrounded by hundreds of myths and legends. The cliché that, an apple a day will keep the doctor away, may be more truth than legend. **I will share with you one of apple's truly great benefits, that of controlling the appetite and proper weight management.** Apart from its symbolic and mythological role, the apple has always been considered one of the most nutritious fruits since medieval times. From these times comes the old English saying, "Ate an apfel awore gwain to bed makes the doctor beg his bread". From the medieval times the therapeutic use of apples spread very quickly. It was eaten to improve eye function, for people prone to flatulence, indigestion and biliary, colics or difficult digestion. Some doctors insisted on its beneficial action for kidneys, the bladder and against cough and sore throat. Earlier doctors prescribed apple cider for the prevention against kidney stones. At the beginning of the 20th century the healthy benefits of



apples were somewhat forgotten by scientific researchers. Doctor Henry Hamon, convinced of apple's therapeutic benefits in 1937 confirmed that apples could be used for the treatment of arthritis, diabetes, obesity, constipation and scurvy. In the 1970s scientific researchers had a renewed interest for the therapeutic properties of apple. New studies are now under way for our modern day diseases such as high cholesterol, cardiovascular disease, diabetes, obesity, respiratory functions and asthma. It is known today that this fruit benefits from extraordinary nutritional, dietetic and medicinal properties. Did Eve already know this scientific truth when she proposed an apple to Adam? Whether all these diseases can benefit from apples must still be proven but there is no doubt that the apple is highly nutritious. **What is confirmed are the benefits of apple's polyphenols and fibers in its ability to control the appetite, hunger and weight loss.** Since the middle ages, cider apple has been traditionally used to control overweight and obesity. Apples over the years have been cultivated to appeal to the consumers taste so a sweeter apple has been developed. There is, however, a green sour cider apple grown in Europe that contains exceptionally high concentrations of polyphenols, phloridzin and quercetin. Adding these active apple compounds to the daily diet reduces or delays the absorption of sugar and carbohydrates thereby suppressing the appetite and reducing binge eating. Quercetin and phloridzin have similar

To your good health,  
Terry... Naturally

A handwritten signature in black ink that reads "Terry... Naturally".



effects on the glucose receptor sites and they are also able to fix on other sugar receptors preventing the uptake of sugar and limiting the conversion to fat. **PommeTHIN™** is a new dietary supplement that can aid in the control of carbohydrates and sugars, and has been proven during in vitro studies to reduce the appetite, control blood sugar levels and increase fat metabolism. The apple contains one of the highest concentrations of quercetin, a bioflavonoid that is a powerful antioxidant. Apple is the only fruit that contains phloridzin which significantly burns fat, reduces calorie absorption, reduces the triggering of the

**Look for this formula at your local health food store:**

PommeTHIN Complex (300:1 extract) 350 mgs  
A proprietary formula containing apple soluble fibers and apple extract standardized for quercetin and phloridzin (40% phenolic apple actives).

appetite by controlling blood sugar levels and therefore increases energy levels. **PommeTHIN** also contains highly concentrated apple fibers which creates a feeling of fullness and therefore suppresses the appetite due to its high fiber content. **PommeTHIN** is made only from green sour cider apples and is highly concentrated. It requires 300 pounds of whole apples to produce one pound of apple concentrate standard-

**More...**

*When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.*

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ized to contain quercetin and phloridzin greater than 40%. The research I'm sharing with you has been based on highly concentrated active compounds so obviously just eating apples cannot duplicate the benefits of these actives. But for extra healthy benefits there is no reason why you should not add 1-2 apples per day to your required fruit intake. With apples, the more the merrier!

Working with scientists in Europe, not only have we uncovered the weight control benefits of apple, but when combined with a sensible diet and exercise program, it has resulted in 1 to 1-1/2 pounds of weight loss per week. Additional research is continuing to uncover some of the wonders of the green sour cider apples such as decreasing the permeability of blood vessels which result in heavy tired legs partly due to quercetin and its powerful anti-oxidant benefits efficiently protecting the blood vessels against free radical damage. We will explore in future articles the wonderful properties of apples and their benefits as anti-aging compounds, pre-biotic effects and their ability to reduce the symptoms of menopause. Much of this work is just now in the research stage but as this new research is confirmed, I will report to you how you may lose weight, hold back the aging process, increase bone mass, prevent demineralization of the bones and reduce the symptoms of menopause all with apple active compounds. But for now we can use **PommeTHIN** as a nutritional aid along with a sensible diet and exercise to get your appetite under control and a weight loss program underway. **PommeTHIN** has proven effective as a weight loss aid and has been used in Europe safely and effectively for many years.

## Part II APPLES, The Slimming Fruit

While you may be tempted to run out and buy a bag of apples in your effort to lose weight, apples in themselves may not be the entire answer, but by the time you finish this article

you may appreciate the healthy benefits of apples and the weight management abilities of the compound **phloridzin** found only in apples. Losing weight has become a growing concern worldwide but particularly in the U.S. Over the last several decades, the number of people suffering from an excess of weight gain has continuously risen. Many surveys reveal a drastic increase of weight gain and obesity in all age groups in the western world. The imbalance between absorbed calories and expended ones leads to fat storage in tissues, and the increase in the number and volume of adipocytes (a fat cell and storage of fat). Venous insufficiency and the resulting impaired circulation generate the accumulation of toxins and engorgement of associated tissue at the origin of cellulite formation. During in vitro studies, phloridzin and another compound found in apples, quercetin (flavonoid) has shown many benefits that will assist weight loss when associated with a healthier diet and exercise program. Phloridzin reduces the absorption of sugar and inhibits the accumulation of fat in the fat cells of the body. Phloridzin is a molecule found only in sour, green cider apples that are typically not consumed daily as fruit. Most apples today have been crossbred to improve texture, mouth appeal and sweetness which have lowered the content of some of the most valuable nutrients that apples typically offered. **PommeTHIN** is a new dietary supplement to assist in the process of weight management, especially helpful for women since it contains the highest concentration of naturally occurring phloridzin. It is different from all other weight loss products since phloridzin supports female hormone balance. Research suggests that balancing female hormones may significantly improve fat loss in obese subjects while maintaining muscle tone. It also helps to release stored fatty acids from fat cells by as much as 44% more than just exercise alone. Phloridzin is a trap molecule which misleads the intestinal receptor responsible for the introduction of glucose (sugar) into cells. Phloridzin's affinity

for this receptor is 1,000 times superior to the glucose molecule. Glucose is the sole molecule able to cross the cellular membrane. Phloridzin has the capacity to fix on the glucose receptor site to make it momentarily unavailable for the assimilation of the surrounding glucose. Quercetin has the same effect as phloridzin affecting the glucose receptor sites but it is also able to fix on other sugar receptors. One of the main roles of fat cells is to store the excess sugar after converting it to fat. By limiting the quantity of new sugar assimilated by the cells, the accumulation and transformation of sugar into fats is limited. Less sugar, less fat. **PommeTHIN's** properties have been proved by in vitro studies. Scientific observations made on cell cultures grown on a medium suggest that phloridzin limits the growth of new fat cells. Perhaps the reason that Eve was tricked by Satan is that the apple presents exceptional nutritional value for women. In summary, phloridzin and quercetin improve inhibition of sugar absorption, inhibition of new fat cells and the release of stored fat that can now be burned efficiently to provide more energy. The apple extract that is contained in **PommeTHIN** is a highly standardized and concentrated extract containing the benefits of many pounds of apples. In manufacturing this highly specialized extract, our supplier requires 300 pounds of sour, green cider apples to make one pound of extract. It would be impossible to achieve the benefits of **PommeTHIN** by consuming apples on a daily basis. However, I encourage everyone to increase the consumption of fruits and vegetables on a daily basis. They are a storehouse of valuable nutrients for good health. This highly specialized apple extract has in vitro studies shown to improve weight management, but because it has a huge impact on balancing female hormones (phytoestrogens), there are several other female health concerns that will benefit women long-term.

Apples are one of the healthiest fruits for all genders and ages. <sup>TN</sup>