



The apple harvest
peaks in September.



Is the old wives tale true?

Does “An apple a day” REALLY keep the doctor away?
Research shows that people who believe in THIS
“old wives tale” have ...

Smarter Brains

The antioxidants protect against Alzheimer's
Disease.

Stronger Bones

Flavanoids found only in apples can increase bone
density. The Boron in apples also strengthens bones.

Cancer Protection

Pick a body part! Apples help them all stay cancer free:
liver, lungs, breast, and colon.

And Smaller Pants

One study found that women who ate apples
while dieting lost more weight than those who did not.

Let's here it for old wives!!!

