



The power of the Apple

Researchers at Penn State have discovered that eating an apple 15 minutes before a meal is 5 times more effective than taking any diet pill. It was found that eating an apple before a meal suppresses the appetite.

On top of appetite suppression the apple is a great source of fiber, better digestion, help lower cholesterol and cancer protection.

Apples contain a form of fiber called "pectin". This fiber helps keep food in your system longer helping to eliminate the urge to eat more. Pectin also helps steady blood sugar in your body.

Researchers at the University of Georgia have found that apples help destroy colon cancer cells!

The simple rule: "Three apples a day helps melt the fat away".

Apples are also a great source of vitamins, minerals and antioxidants.

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