

An Apple a Day

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We've all heard the term "An apple a day keeps the doctor away", but what are the true health benefits of apples?

Turns out, apples pack quite a nutritious bite. Apples rate as having one of the highest [concentrations](#) of antioxidants per bite. [Antioxidants](#) help aid in preventing or slowing down cellular damage in the body. Additionally, research has shown apples to damage to the brain linked to Alzheimer's and Parkinson's Disease. Apples also provide benefits to the heart, eyes, and immune system. Research has shown the soluble [fiber](#) in apples to reduce cholesterol and help control weight.

Apple Cider Vinegar has also been shown to provide cosmetic and health benefits. Apple Cider [Vinegar](#) helps make hair skin and works to moisturize and balance the pH in your skin, while soothing burns and decreasing redness. Apple Cider Vinegar's benefits work inside out, as it can assist in detoxing the body and weight loss.

This winter, try making your own organic version of apple cider to acquire it's health benefits. [Organic Authority](#) has produced a delicious recipe for organic apple cider, which incorporates cloves, organic apples, oranges, organic apple juice, raw sugar, allspice, nutmeg, and cinnamon sticks for garnish.

Visit [CPH Wellness](#) for more tips on healthy living.