



**“ART OF AWARENESS LIVING” 108 CIRCULAR SERIES.**

**CIRCULATE DAILY- MULTIPLY NEW FRIENDS**

## **MEDICINAL AWARENESS TIPS OF APPLE**

Apple is the most valuable of all the fruits. The Scandinavians believe that the apple is the ‘Food of Gods’. Apple is a highly nutritive food. Apart from that, it contains minerals and vitamins in abundance. Its chief content is sugar ranges from 10 to 50 percent. When apple is consumed, it should be taken with skin, as it contains more C vitamin and vitamin A, 5 times more than the flag. The prime medicinal content of apple is pectin which helps in body’s detoxification. Apple is not popular for just because of its nutrition value and taste, but also for its numerous curing properties.

**CANCER:** Since Apple contains plenty of anti oxidants, it helps to fight against various types of Cancers and protects from them.

**SLOWS THE AGEING PROCESS:** Apple works well against ageing process. It slows the ageing process and helps you to look and act younger than your age. It also prevents formation of wrinkles on your face.

**HEART DISEASE:** Apple is the best heart friendly. They are rich in potassium and phosphorus, which are exclusively heart friendly. It contains negligible sodium which is against heart. Age old tradition was to take Apple with honey, to keep of all diseases of heart. No doubt, taking regular apple is drugless sure preventive home remedy for heart attack.

**ANEMIA:** Apple is rich in iron and phosphorus, it is very much beneficial in treating the anemia. For fast and best results, a glass of freshly extracted apple juice to be taken twice in a day.

**CONSTIPATION:** Apples are exclusively beneficial in the treatment of constipation. Raw apples are recommended for good results in treating constipation. It is advisable to consume one apple in the day and one in the evening, for regular evacuation of bowels.

**DIARRHOEA:** Apple is also best cure for diarrhea even. But for diarrhea cooked or baked apples are advised as it softens the cellulose and helps for bulk to the faeces.

**LUNG CANCER:** Apple is also lungs friendly. If you make it a habit of consuming an apple a day, you can prevent lung cancer.

**STROKE:** Stroke is a very miserable disease, which suddenly shockingly cripples any body’s life, without any symptoms or warnings. Apple is the best prevention for such tragic, warning fewer strokes from the routine joyful life.

**CHOLESTROL DISSOLVER:** Apple is the best strain less sure home remedy for Cholesterol reduction. If you take daily one apple, it reduces 8 to 10% and if you take 2 apples per day, it reduces upto 16% cholesterol.

**DYSENTERY:** It is a proven remedy in acute or chronic dysentery, in children. Ripped sweet apple should be crushed in to pulp, given to the children several times in a day, ranging from 1 to 4 spoons depending upon the age.

**STOMACH DISORDER:** Slice an apple, gently pounding it to become slightly mashed and sprinkle with honey or cinnamon powder, take it between each meal for best results.

**APPETISER:** Shred an apple, mix with a spoon of honey, sprinkle with sesame seeds and consume it. It works like a wonderful stomach tonic and improves your appetite.

**KIDNEY STONES:** Apple works as best prevention in not forming the Kidney stones. Ripe fresh apple will be highly useful for this purpose.

**HIGH BLOOD PRESSURE:** Apples are recognized as very precious in the case of bringing down the high blood pressure. Since the apple contains high levels of potassium, it lowers the sodium levels in the tissues.

**ARTHRITIS AND RHEMATISM:** Since apple contains malic acid, it neutralizes the uric acid which is the prime cause of gout, arthritis and rheumatism. Boil apple, crush it to a jelly and apply that jelly on affected parts.

**EYE DISORDERS:** Apple peel water works as best preventive medicine for the inflamed eyes as eye, wash and also as a beverage.

**MEMORY ENHANCER:** Apple has got tremendous power to enhance the memory power. It is strongly advised for students to enhance their memory and for senior citizens to retain their diminishing memory loss.

**DENTAL DISORDERS:** Since apple has wonderful mouth cleaning properties in comparison with any other fruit, if apple is consumed after meal, it cleans the mouth almost nearer to brushing and helps teeth from decay. It also strengthens gums and brightens the teeth.

**ENHANCES VIGOUR:** Apple is the best among all fruits to strengthen the body system. It eliminates the weakness of prime organs and makes the body overall strong and energetic. Apple enhances your youthfulness, vigour and vitality.

**BRIGHTENS THE SKIN:** Since apple has got more phosphorous and iron compared to any other fruit or vegetable, it protects your skin in all conditions and always helps to brighten it. It also helps skin from Sun's radiation.

**HEADACHE:** Remove the upper rind of a ripped apple, inner hard portion, take those peaces with little salt in the morning empty stomach for a week. It will yield good results even in chronic headaches.

**PIMPLES AND ACNE:** To get rid of the problems of pimples and acne, prepare apple dry powder and lemon peel, mix that powder with little milk to form paste and apply the paste on the affected area.

**ULCERS:** Take apple juice regularly continuously for a long period, to get permanent relief from Ulcers.

**NERVES WEAKNESS:** Cut apples into small pieces, soak in honey for 24 hours, add fresh rose petals to the mixture, and dry the mixture in the sun. After 7 days take the mixture twice a day after meal.

**LIVER PROBLEM:** To protect well in advance or to cure from existing problems of liver, eat an apple every day.

**ASTHAMA:** Apple is an excellent relief for asthma patients. If every day an apple is consumed, it gives great relief as well as keeps asthma in control.

**APPLE CONSUMPTION:** Generally as we know, apple is taken raw. Apple can be taken in different forms to have changed taste and continue interest. Apple can be taken as a salad along with other fruits. It can be cooked or baked. It can also be dried and consumed. Apple can be made in to jelly, juice, cider and vinegar.

**PRECAUTIONS:** Apple should not be consumed on an empty stomach in general. (Unless specially mentioned above for specific cases) as it may lead to indigestion. Since apples are sprayed with various poisonous chemicals for preservation they should be thoroughly washed and cleaned before consumption.

FOUNDER: SRI. KRISHNA MURTHI, CHAIRPERSON: SMT. K. PRAMEELA,

Add: SRI MISSION, 1097, 7th block, HMT Layout, Vidyanarayapura, Bangalore-97. Ph- 08023641839.

\*Website: [www.srimission.org](http://www.srimission.org), Email ID: [info@srimission.org](mailto:info@srimission.org) or [srimission@gmail.com](mailto:srimission@gmail.com)

\* Read all art of awareness circular series without fail. Become yourself awareness master.

\* "Become noble reformer gift free new lives". \*Print art of awareness living circulars 1000 copies for RS. 500 with your name, address, business details and distribute in your locality. Become noble reformer/promote your business.

**SOCIAL SERVICE IS THE ULTIMATE SUPREME GOAL OF LIFE.**

*Art of awareness living circular gift from*

**K. HARI RAJIV**

**Sri Bindu, 7<sup>th</sup> block, 10<sup>th</sup> cross, HMT Layout, Vidyanarayapura, Bangalore-97.**