

TEN^[5+5] COMMANDMENTS OF G-R-E-E-N⁵ A-P-P-L-E⁵ IN HEALTH KEEP FIT

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ABSTRACT

Green & Apple both words are made of 5+5 words to sum of 10 [TEN]! These **TEN** words give **NET** benefits to the body to make fit. As the saying goes “An apple a day keeps the doctor away”, and it certainly holds true even for green apples! Apples are one of the most exotic and amazing fruits that Mother Nature has blessed us with. They contain a lot of essential nutrients and vitamins which should form a part of each and every person’s daily diet. When it comes to apples, there are various kinds of apples. The red ones which are very common and the green ones which are sour and sweet to taste. Green apple has long been recognized as one of the healthiest fruits. It is innately packed with a variety of essential nutrients such as proteins, vitamins, minerals and fibres. These are known to offer relief from digestive disorders and are also very effective in lowering blood cholesterol and

BP, stabilizing blood sugar levels & improving appetite.

KEYWORDS: Antioxidants, Vitamins, Moisturization.

INTRODUCTION

Green apples aren't just packed with dietary fibre. They are also a good source of: Vitamin A. Vitamin C. One medium green apple contains: Calories: 95. Fat: 0 grams. Cholesterol: 0 milligrams. Sodium: 2 milligrams. Carbohydrates: 25 grams. Dietary Fibre: 4 grams. Sugar: 19 grams. Protein: 1 gram.

Health Benefits of Green Apples



Figure-1: One Apple Many Benefits.

- 1. High Fibre Content:** It contains a lot of fibre, which helps clean the system and increases metabolism. This, therefore, helps in free bowel movement. It is always advisable to eat an apple with its skin on. The cleaner your intestine and systems are, the happier and healthier you will be.^[1]
- 2. Mineral Content:** It contains, a number of minerals – iron, zinc, copper, manganese, potassium, etc. which are trace minerals and are a must for human health and well-being. The iron in apples is a trace element and it helps in raising the levels of blood oxygen and helps in increased metabolic rate.
- 3. Low in Fat Content:** This is a great food when it comes to weight watchers. People on diet and/or are regular gym goers should and must include one apple in their everyday diet. It also collects the fats in the blood vessels and helps in maintaining proper blood flow to the heart preventing the chances of strokes.
- 4. Prevents Skin Cancer:** It contains Vitamin C that helps in preventing skin cells damage by free radicals and thus reduces the chances of skin cancer.



Figure-2: Green Apple.

5. Rich in Anti-Oxidants: It contains anti-oxidants which help in cell re-building and cell rejuvenation. This also helps you in maintaining healthy and glowing skin. The antioxidants also protect your liver and ensure its proper functioning.

6. Prevents Alzheimer's: Having an apple every day prevents chances of old-age neurological disorders like Alzheimer's.

7. Prevents Asthma: Taking apple juice regularly can prevent chances of asthma which is a hypersensitive allergic disorder.

8. Prevents Diabetes: Apples prevent diabetes. It is a must have for diabetics.^[2]

9. Rich in Vitamin A, B and C: Green apples are rich in Vitamins A, B and C, so apart from protecting the skin from harmful effects of free radicals; it also helps one in maintaining glowing skin from inside.

10. A Natural Detoxifier: Packed with a good dose of fibre, this green juice keeps your liver, kidney, and digestive system free from toxins and harmful elements. The presence of fibre also ensures that you are free of constipation issues. The high fibre content in this juice also helps in cutting down the risk of developing colon cancer.

11. Gives Your Metabolic Rate A Boost: This juice is a treasure trove of a wide variety of minerals, including copper, iron, potassium, and manganese. All these elements play a major role in keeping you in good health. Iron, especially, is known to aid in better absorption of oxygen, which in turn boosts the metabolic rate of your body.

12. Good for Your Liver: Along with being a natural detoxifying agent, green apple juice is also known to possess antioxidants in good quantities. These antioxidants actually prevent the free radicals from damaging the liver. This, in turn, ensures that your liver functions properly, while keeping it safe from various hepatic conditions.

13. Helps to Lose Weight: This green hued drink makes a filling snack in between your meals. Packed with fibre and low on fats, sugar, and sodium, green apple juice is known to restrict hunger pangs. Plus, it improves the calorie burning potential, which helps you to achieve your weight loss goals in a tasty way.

14. Protects You from Inflammatory Conditions: Green apple juice, as mentioned above, contains a good dose of antioxidants. These antioxidants actually help in safeguarding your body from oxidative stress-induced painful inflammatory conditions, such as rheumatism and arthritis. Studies suggest that senior citizens who suffer from such inflammatory conditions should include green apple juice in their diet.

15. Good for Your Lungs: Studies suggest that regular use of green apple juice can cut down the risk associated with the onset of asthma by a good 23%. People who are regular smokers can also rely on this fresh delight to safeguard themselves from obstructive pulmonary diseases.

16. Good for Your Vision: Green apple juice is a source of various vitamins. The Vitamin A present in this juice is known to possess the potential to strengthen and improve your vision.^[3]

17. Good for Blood Clotting: This green juice is a potential source of Vitamin K, the element that helps the blood to coagulate and clot. People who drink this juice possess a better wound repairing and healing potential. Women, who have extremely heavy periods, can also use this drink to bring the bleeding under control.

18. Healthy Strong Bones: Green apple juice has a rich presence of calcium, which is essential for strengthening the bones and teeth and keeping them healthy. Women, especially, in their menopause, should include this drink in their diet to prevent osteoporosis.

Skin Benefits of Green Apples: Green apple is an excellent beauty enhancer. Lots of skin care and hair care benefits are associated with green apples.

19. Anti-Aging Ingredient: The antioxidants, such as Vitamin A, Vitamin C, and phenols present in green apple juice play a major role in delaying premature aging. Free radicals present in the body cause the early onset of wrinkles, fine lines, and dark spots. Regular use of this antioxidant rich drink can help the body fight these free radicals and control or even better, eliminate the damages.

20. Improves Skin Texture: A face mask involving the use of green apple can deeply moisturize your skin and help to eliminate the appearance of wrinkles while improving the overall texture of your skin. You can take the help of green apple juice to improve the hydration levels of your skin. It can either be consumed or even be used as a face wash to prevent the skin from drying out.

21. Nourishes the Skin: Owing to its dense vitamin content, green apple helps in maintaining your skin and has great whitening and nourishing effects on your complexion. Packed with assorted vitamins and minerals, you can incorporate this drink into your skin care regimen. The collagen and elastin proteins get a boost, which in turn, improves your complexion by nourishing and healing the skin from deep within.

22. Prevents Skin Diseases: Many a time, lack of nourishment leaves the skin at the risk of various skin disorders, including eczema and cancer. Green apple juice ensures that the skin gets the necessary levels of nourishment. It also offers protection from various skin issues.

23. Controls & Prevents Pimple Eruptions: Green apple is a highly effective anti-acne treatment as well. Regular consumption of green apple help you control and prevent pimple eruptions.

24. Eliminates Dark Eye Circles: The deep brown circles along with puffiness around your eyes are signs of your skin getting older. Topical application of fresh apple juice as well as internal consumption is known to have a positive impact on these undesirable changes.^[4]

Hair Benefits of Green Apples: Green apple is not only good for our skin but for our hair as well. Here we have a few of the benefits of green apples for your hair listed for you.

25. Cures Dandruff: A paste created with the leaves and skin of green apple works wonders to fix dandruff. You should use this paste as a shampoo. Green apple juice also has the same effects if massaged regularly onto the scalp.

26. Enhances Hair Growth: Packed with a tempting array of vitamins and minerals, green apple juice is a potential natural remedy for strengthening your tresses. Along with that, it also makes sure that your hair fall is under control. Plus, regular use of this juice is also known to promote hair growth. In short, using green apple juice could help you show off long, strong, and lush hair.^[5]

CONCLUSION

Apples are among the widely consumed fruits in the world. Every household has a bowl of red apples and it's a known fact that it aids in digestion and prevents cavities while keeping bad breath at bay. The famous saying, an apple a day keeps the doctor away makes all of us think of red apples and it is also known to reduce high blood pressure. However, its cousin, the green apple, does not get as much credit as it deserves. Green apple is rich in vitamins A, C and K. It is also a rich source of iron, potassium, calcium, antioxidants and flavonoids. These are the six health benefits of having green apples regularly.

1. Improves your lung health: Studies have found that having green apples regularly can cut down the risk of asthma as it is rich in flavonoids. Researchers claim that flavonoids have been associated with a lower risk of asthma. Other than that, green apples have also been observed to cut down the risk of lung cancer by 21% in women.
2. Helps in preventing blood clots: Green apples contain a chemical compound known as rutin that can prevent the formation of blood clots. This is because rutin can block an enzyme that facilitates the formation of blood clots. Researchers say this finding can help in fighting against heart diseases and stroke. Having a glass of green apple juice or the whole fruit will help in keeping you healthier.
3. Boosts your metabolism: Green apples are great for digestion as they are a great source of digestion. This helps in preventing bloating and also flushing out any toxins from your stomach. This in turn helps in giving your metabolism a much-needed boost as green apples contain fibre which is easily digestible. Other than that, it makes for a good snack to beat sugar cravings and hunger pangs. Here are ways to boost your metabolism.
4. Improves bone health and prevents osteoporosis: Women especially benefit from eating green apples as it is packed with potassium, vitamin K and calcium. Studies have found that vitamin K helps in preventing osteoporosis in women and improves their overall bone health.

5. Fights against premature skin ageing: As mentioned earlier, green apples are a good source of vitamin C, vitamin A and even antioxidants. This helps in fighting against signs of skin ageing and keeps your skin looking healthy.

6. Maintains good vision: If you are looking for ways to keep your eyes and vision healthy the natural way, green apples are a great way to start. As it contains vitamin A, it can maintain and to an extent protect your vision.

7. Good for diabetes: If you're diabetic, ditch those red apples for the green ones. Doctors say that green apples contain less sugar and a lot more fibre as compared to red apples and are known to decrease the risk of type 2 diabetes. Remember not to remove the green apple's peel to reap its benefits.

8. Prevents cardiovascular diseases: By consuming green apples and other foods rich in flavonoids, you could reduce the risk of cardiovascular diseases by 35%. Other studies have found that women who simply had both, red and green apples on a day-to-day basis, cut down the risk of suffering from heart attacks by 13-22%. This is because this fruit also has the ability to lower bad cholesterol levels. Apple is quite a sensitive fruit and one has to be careful in its selection and storage. Described below are some helpful tips on how to select and store green apples; check them out to make the best out of a premium selection.

Selecting Green Apples: While buying green apples look for firm, brightly colored apples having no bruises or damaged, shrivelled skin. It is always better to prefer individual apples over the pre-bagged one. This way you'll be able to smell the apples before paying for them. Never buy the apples that smell musky.

Storing Green Apples: The best place to store green apples is in your refrigerator. Wrap the apples up in a perforated plastic bag and place them in the coldest area of your refrigerator after sprinkling them with water. This-way your apples will stay fresh for almost two to three weeks. Normal room temperature can also be quite suitable for storing green apples for a short time. Just make sure to check them regularly since they will ripen more rapidly than if placed in the refrigerator. Apples can speed up the ripening process of other fruits as it emits a natural gas called Ethylene. To use these 'ripening' benefits of apples, wrap it up along with the unripe fruit in a plastic bag.

While cooking apples, add a little bit of sugar. This done at the start of cooking can help the apples hold their shape better.

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