

HEALTH BENEFITS OF APPLE

- Helps prevent diabetes
- Reduces risk of cancer
- Strengthens bone mass
- Enhances cognitive performance
- Helps in weight loss
- Restricts drug side effects
- Safeguards from cancer
- Reduces cholesterol
- Promotes liver health
- Enhances bowel movements
- Boosts skin health
- Improves hair growth
- Protects from asthma
- Prevents eye problems
- Fights inflammation
- Boosts overall immunity
- Manages blood pressure



Eating Apples

Siddappa N.Byrareddy



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