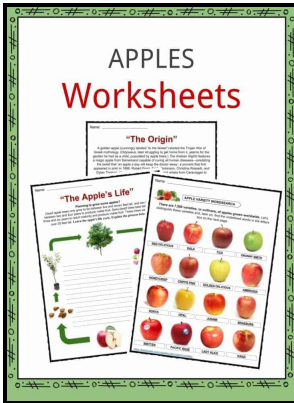


Does an apple a day keep the doctor away? - and other questions about your health and body

Lerner Publications - Idioms and Proverbs



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Is that a fact?Does an apple a day keep the doctor away? - and other questions about your health and body

Notes: Includes bibliographical references and index.

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Tags: #Why #is #physical #activity #so #important #for #health #and #wellbeing?

How do apples help you lose weight?

Depending on tree density number of trees planted per unit surface area , mature trees typically bear 40—200 kg 90—440 lb of apples each year, though productivity can be close to zero in poor years. Fortunately, a mass is not always cancer.

Does an apple a day really keep the doctor away? The health myths that are just that

Dwarf rootstocks became common by the 15th century and later went through several cycles of popularity and decline throughout the world. Today, this idiom means criticizing someone else for a fault of one's own.

An apple a day may not keep the doctor away, but it's a healthy choice anyway

What should I do if I suspect something is wrong? Exercise increases muscle strength, which in turn increases your ability to do other physical activities. Some consumers, especially those in , prefer a larger apple, while apples below 5. Waxes are made from natural ingredients.

How do apples help you lose weight?

PDF from the original on 11 February 2014.

The complete guide to Apple's Health app

Apple trees are large if grown from seed. Diabetes In 2013, a population study found that people who replaced three servings per week of fruit juice with the same amount of whole fruit, including apples, had a lower risk of developing than those who did not eat fruit.

Here's What Cardiologists Say About the Apple Watch's New Heart Monitoring Features

Most gallstones are composed mainly of cholesterol. And though the majority of masses are , or noncancerous, they do require further monitoring and examination to determine the cause.

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