

## **"Acerola - Good Things in a Small Package"**

Is it a berry or is it a cherry? Actually, it's both. The tart and exotic Acerola berry is also known as the West Indian cherry. Nutritionists know it for its Vitamin C, with a single berry packing a generous 81 mg. That's 25 % more than the official recommended allowance... You can't get this much of your Vitamin C allowance from just a bite or two of an orange!"

## **A Mighty Crunch - Apple Season is Even Sweeter This Year Because of the Latest Health News Health Magazine - October 2005**

"Apples may help prevent breast cancer, thanks to their high levels of phytochemicals that are loaded with antioxidants. Cornell University found that feeding whole-apple extracts to lab rats prevented mammary tumors which means there's potential that the fruit could help fight human breast cancer as well. The study found that the antioxidants attack the tumors. Eating apples has been consistently linked with reduced risks of lung cancer, heart disease, asthma, and Type 2 diabetes. Reach for the Red Delicious first. A recent Canadian study published in the Journal of Agricultural and Food Chemistry found the classic apple had more polyphenols (important antioxidants) than seven other popular kinds of apples."