

HIMALAYA

FOOD & BEVERAGE

Apples are well-known for their phytonutrients, fiber and vitamins content. Most of the fiber in an apple is in its skin, so peeling it before you eat it drastically reduces how much fiber you get. Eating fiber-rich foods can help you control appetite, keep you feel full longer. Getting enough phytonutrients and fiber in your diet also regulates digestion and supports healthy cholesterol and blood sugar levels. The natural fiber found in Gala apples is pectin. Apples possess more pectin than any other fruit. A diet high in fiber rich apples has been shown to reduce blood pressure and prevent colon cancer.

The natural sugar found in apples is fructose, which offers dose of energy. A sweet Gala apple is a better choice than any other sugary food.

Gala apple contains vitamin C, a nutrient that is crucial for immune system and produces collagen for healthy skin and wound healing. Vitamin C also has antioxidant properties, which means that it fights free radical damage that can lead to health conditions that include cancer and heart disease. According to the May 12, 2004 issue of "Nutrition Journal," apples help lower the risk of heart disease, diabetes and cancer. Gala apples are a significant source of these damage fighting chemicals.

Flavonoids are defensive phytochemicals found in apples. Flavonoids have been documented to have anti-viral, anti-allergic, anti-inflammatory, anti-tumor and antioxidant effects on the body. Research suggests that phytochemicals can protect against the aging process.

The Gala tastes sweet and has a distinctive aroma and crisp, firm texture.

Ayurvedic medicine has praised ginger's ability to boost the immune system. It believes that ginger warms the body, and can help break down the accumulation of toxins in your organs. It's also known to cleanse the lymphatic system, body's sewage system, boost immunity and treats cold.

Ginger is remarkable for its ability to ease or eliminate nausea and vomiting and the prevention of vertigo and motion sickness. Ginger is also excellent for stopping internal and external bleeding. When mixed with apple juice it has been valued by midwives and naturopathic obstetric practices for post-partum treatment.

Lemon juice helps keep food moving through your body and gastrointestinal tract smoothly and helps relieve indigestion or ease an upset stomach. The acids found in lemon juice makes your body to process food slowly and increase absorption causing steady levels of insulin and you get more nutrients out of food. Better nutrient absorption means less bloating. Lemon juice

benefits the enzyme functions in your body, stimulating the liver and flushing out toxins. And detox body & skin. Because lemons contain pectin, a type of fiber that helps you feel full longer and help you lose weight.

According to research publish at NCCIH.NIH.GOV just the scent of a lemon has been found to reduce stress level, improve mood and boost energy level. The health benefits of lemon extend to the treatment of throat infections, indigestion, constipation, dental problems, fever, internal bleeding, rheumatism, obesity, respiratory disorders, cholera and high blood pressure, cleanse your stomach, and it is considered a blood purifier. Lemon juice, well known as a useful treatment for kidney stones, reducing strokes. Lemon juice contains flavonoids, which are composites that contain antioxidant and cancer fighting properties and helps to prevent diabetes.

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