

HIMALAYA

FOOD & BEVERAGE

According to "Jazzapple.com" Jazz apples are 'Awesome Antioxidants', "Apple skin contains higher levels of antioxidants, and scientists state the antioxidant power of an apple is equal to more than 1,500 milligrams of vitamin C". According to the American Institute for Cancer Research Laboratory, apple extracts from concentrated apple compounds may reduce the growth and reproduction of certain cancers. Apples would help control of blood sugar.

Jazz apple is good source of Pectin, a natural fiber, which could prevent cholesterol from building up in the lining of blood vessel walls helping reduce the risk of cardiovascular disease, stroke, and high blood pressure.

Phytochemicals in apples, known to help calm inflammation in the airways. A more recent study found that children who drank apple juice at least once a day were half as likely to suffer from asthma as those drinking it less than once a month. Jazz apples good source of antioxidant called quercetin which are immune system booster and perfect cold and flu fighting crusaders.

Jazz apple and ginger mixture helps digestion, stimulates production of saliva and reduces tooth decay by lowering the levels of bacteria.

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.

According to American Urological Association and Annals of the Rheumatic Diseases, the health benefits of lemon extends to the treatment of throat infections, indigestion, constipation, dental problems, and 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 and lowering body temperature. Lemon juice contains flavonoids, which are composites that contain antioxidant and cancer fighting properties. It helps to prevent diabetes, and can eliminate the occurrence of kidney stones by forming urinary citrate, which prevents the formation of crystals.