

an apple a day keeps the doctor away essay sample

[Health & Medicine](#), [Cancer](#)



The saying “ an apple a day keeps the doctor away” probably gives you the impression that apples are the healthiest fruits. This proverb was first mentioned more than a century ago, and it is still widely used today. Other than the fact that it is easy to remember and fun to say, it may also be true to a certain extent; otherwise, it would not have enjoyed such popularity for such a long time.

Similar to other fruits, apples do benefit your health in many ways. First of all, an apple contains zero cholesterol, fat and sodium, and it is not harmful to your health in any way. It has a low calorie count of 80, and it is the perfect choice of food for you if you are trying to lose weight. Also, it provides 22 grams of carbohydrates, which make up 7% of recommended daily value, and some of these carbohydrates are complex carbohydrates that can give you a sustained energy boost. It is a good source of dietary fiber as well. An apple also has many great nutrients that perform various tasks to keep your body healthy, and these include vitamins, minerals and antioxidants.

Apples contain a number of phytonutrients in high amounts, and these include vitamin A, vitamin E and beta carotene. These substances function to suppress the activities of free radicals that can cause serious damage to your body, and they can contribute to the prevention of serious illnesses such as diabetes, cardiovascular disease and asthma. The vitamin C that is present in apples is an essential nutrient that offers numerous health benefits. Its most important function is protecting the immune system, and it can make your body more resistant to a wide variety of diseases, which can

range from eye disease to cancer. It is also effective in preventing skin wrinkling.

Pectin is a type of soluble fiber that works to maintain a healthy digestive system. It can also reduce “ bad” cholesterol and glucose levels as well as blood pressure. Apples are known to have high pectin content.

Apples also provide a nutrient called boron. This nutrient can promote bone strength and brain health.

Quercetin is another beneficial nutrient that is present in apples. This flavonoid has the potential to prevent many different types of cancer, ranging from breast cancer to lung cancer. It may also be effective in combating free radicals that can cause age-related diseases, such as Alzheimer’s disease. If taken literally, the saying “ an apple a day keeps the doctor away” probably means that you will never fall ill if you consume an apple a day. While apples bring lots of health benefits, they cannot prevent all health problems from occurring. However, they can certainly reduce your visits to the doctor in the long run. It is a good idea to include a variety of fruits in your daily diet. Besides apples, you should also try to consume citrus fruits, tropical fruits and berries, which are known to be highly nutritional.

Work Is Workship

ACTION IS THE DUTY AND REWARD IS NOT THY CONCERN is the very lesson which was imparted to Arjuna by Lord Krishna in the holy book GITA. AS YOU SO YOU REAP is the teaching we find in the Ramayana. There is no doubt that we should work without any care for the result. Work is not only counted

in this world but counts something for the next world also. Good people are always praised in this world. On the other hand bad workers are cursed everywhere. No doubt they are famous for their bad works. It is an admitted fact that they are duty bound to their work. If we take it sincerely, we will find some other story in respect of famous dacoits. These dacoits have principle aim to work. Work is worship for them. They may face anything to get their work done even at the cost of their life and get themselves safe. Such was the case with fighters for freedom. There's no life without work. Great personalities of the world have become famous on account of their work only.

Until we make an effort we cannot even eat our food. Life is dull without work. It is useful only if we work ever. WORK IS WORSHIP is the main object of life. Laziness and dullness are the curse of life. There is no personality without life. The successful industrialists have understood the value of work. They devoted themselves to their work ever in their life. Work is the only concerns with men while reward is the concern in the hands of the almighty. Disappointment and vacillation are nothing but the curse of life. Fortunes favor the brave. Brave persons are always famous and rewarded.

Vivekananda, Swami Dayanantha and, Mahatma Gandhi all sacrificed themselves on the altar of work. Certainly work was worship for them. Our first Prime Minister, late Pt. Jawaharlal Nehru was in favor of worship of work.

Such workers may uplift the standard of their lives in true sense. They worship their work first and anything else afterwards. Thus work is worship in our life without which the life will be aimless.