

An Apple A Day.....Welcome to the first edition of this eNewsletter.

An apple a day is a delightful expression for two reasons.

The first reason is that it is a reminder that you can boost your energy levels and enjoyment of life by eating an apple because it is really like taking a big preventive pill without the bad taste! Why would you want to deliberately increase your risk of joining the increasing numbers of Australians who are suffering from obesity, high blood pressure, diabetes, osteoporosis and arthritis when an apple a day will go a long way to preventing it?

The second reason is that apples are a great food...the best fast food in fact! Ideally your food and liquid choices should supply all your vitamins, minerals and "good oils". Sadly, this is often not the case when you rush around, consuming an abundance of highly processed, sweetened substitutes that leave you wanting more.

A four day food and symptom diary is a great way for you to find out what boosts your energy levels and banishes bloating, wind and lethargy. You can find out how to do this in the [Your Gut Health and Nutrition Workbook](#).

Enjoy looking around this new website and check out the free article on how to fuel your body at [Reduce Bloating and Have More Energy](#)

Wishing you one hundred years of health, vitality and fun.

Dr. Pete.

P.S.

#### HEALTH TIP

There are three common reasons why some people suffer bloating, wind and abdominal discomfort after eating apples. They are an intolerance to fruit sugars (fructose intolerance), having fruit straight after eating a meal and reacting to the waxes sprayed on the apple. You can test this out by avoiding fruit for a week, eating fruit by itself as a snack and either peeling your apples or scrubbing them under hot tap water to remove the wax.

P.P.S.

Thankyou to one of my patients Maree who asked if I would speak on "How to Live to 100 and Love It" to her colleagues at work. It went really well and the staff enjoyed it. Do remember me as a guest speaker at your next work or association meeting.

Dr. Peter Holsman.

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