

Apple Peel Six Times Better For You Than the Apple Itself?



Researchers from the University of Iowa have recently found that a natural substance – ursolic acid - found in the peel of apples may be able to offer protection against obesity and some of its harmful effects, by increasing muscle and ‘brown fat’ – which are known to be ‘calorie burners’ (*PLoS ONE*).

And another study from researchers at Nova Scotia Agricultural College have also found that apple peel contains a high level of antioxidants, in fact, **six times more** of this kind of phytochemical is in the peel than is present in the apple flesh and this can help protect against high blood pressure.

These flavonoids are far more concentrated in the peel and was found to be far more effective in inhibiting the ACE enzymes that are potentially damaging.