



**Using stewed apples as a  
therapeutic food | Reduce  
inflammation and improve  
immunity**



# FIVE HEALTH

## Benefits of APPLES

1

### ↓ inflammation

The flavonoids in apples reduce inflammation and protect the intestinal tissues from damage

2

### ↓ gut sensitivity

Apples can reduce mucosal sensitivity in the gut by suppressing histamine

3

### ↑ oral tolerance

Apples can inhibit the breakdown of specialized T cells from the immune system to improve oral tolerance

4

### ↓ weight and adiposity

The ratio of different microorganisms in the gut changes with regular apple consumption to favor mucosal immune tolerance, weight loss and reduced adiposity

5

### ↑ production of short-chain fatty acids (SCFA)

The soluble fiber in apples (especially pectin) is fermented by the microbiota to produce SCFA which:

- improve epithelial barrier
  - reduce movement of the microbiota through the gut wall
  - activate the immune system
- are anti-inflammatory



# STEWED HEALING APPLES & IMMUNE COFACTORS



## INGREDIENTS



6 Bramley apples  
(or apples of choice,  
preferably grown organically)



Peeled, cored, chopped



Up to ½ cup raisins/sultanas  
(for added sweetness and fibre)



½ cup water



2 tsp cinnamon

## DIRECTIONS

### PRIMARY STAGE



- Put all ingredients in a covered, heavy-bottomed pan

### SECONDARY STAGE - OPTIONAL EXTRAS

The Secondary Stage is a component of therapy and can be included if required. Over time, the need for this stage will diminish and eventually fall away.



- 1 tsp larch arabinogalactans stirred into the apple to add sweetness - if required