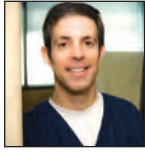


# APPLES – A love story for all ages



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**T**he story of the apple dates back to the beginning of time. Some believe that it was the “forbidden fruit” eaten by Adam and Eve in the Garden of Eden. Today, the apple is one of the most popular fruits. It is also one of the most recognized cultural icons. It seems that Steve Jobs knew a good thing when he named his company Apple.

There are more than 7,500 varieties of apples worldwide with 4,000 in active cultivation around the world. In the United States, there are about 100 varieties grown commercially with Washington State being the largest producer. Apples are available all year round, but in South Carolina, they are best during the fall.

Is it true that eating an apple a day keeps the doctor away? Apples contain phytochemicals known as phenols and flavonoids, which are chemicals found in plants. Evidence suggests that phytochemicals contain disease-fighting properties that can prevent, halt, or lessen disease. Phenolic compounds contain potent antioxidant activity and apples rank among the highest in antioxidant power. Antioxidants reduce the amount of oxidative stress, which is thought to prevent damage to DNA, lipids and proteins. Of the top 25 fruits that are consumed in the United States, apples provide 33 percent of the phenolics in Americans.

Phloretin is one flavonoid in particular that is of significant importance. It is found in both the flesh and peel of apples and has been shown to increase the antioxidant effect of other antioxidants such as Vitamin C. Vitamin C is found at higher concentrations than many other antioxidants in the skin and is known for reducing collagen breakdown and protecting the cell’s valuable DNA instruction set. Phloretin is responsible for a doubling of the effect of Vitamin C when applied topically in certain formulations.

Today, we appreciate fiber like never before. Apples contain both soluble and insoluble fiber. Fiber contributes to the prevention of cardiovascular disease, lower cholesterol, and a healthy digestive tract. The fiber content is what helps regulate bowel movements and may thus reduce the risk of colon cancer. Traditional advice on eating apple peel was based mainly on its fiber content, with peel packing about 75 percent of the dietary fiber in an apple. More recently, however, scientists have discovered that the peel contains most of the beneficial phytochemicals believed to be responsible for the apple-a-day-keeps-the-doctor-away effect. It harbors nearly 5 times as many flavonoids as the flesh.

Other research has shown consuming apples to help prevent dementia and reduce certain types of cancer. For example, six studies published this year at Cornell University demonstrate the growing evidence that eating apples, along with other fruits and vegetables, can keep breast cancer away. According to these studies, apples, with their potent phytochemicals, may suppress breast cancer tumor growth.

How appropriate that National Breast Cancer Awareness Month and apple season both take place in the fall. So, do something pink for yourself or someone you love. Why not bring home a bushel of Pink Lady Apples?

## PEAR AND APPLE COMPOTE

(Yields about 1 quart)

### Ingredients:

1 ½ pounds pears (about 4 medium)  
1 ½ pounds apples (about 3 medium)  
1 ½ cups red wine  
1 ½ cups apple juice  
¼ cup grade A maple syrup  
1 tablespoon vanilla extract  
pinch sea salt

### Wrapped in cheesecloth:

2 small sprigs of fresh rosemary or 2 teaspoons dried  
½ vanilla bean, split  
½ inch piece of fresh ginger, sliced  
4 black peppercorns  
3 cloves  
1 small or ½ large cinnamon stick

### Procedure:

1. Peel, core, and slice (about ½” wide) pears and apples, then cut each slice in thirds. Place in medium

pot with wine, juice, maple syrup, vanilla, sea salt, and bouquet. Cover and bring to simmer on medium-high heat, stirring occasionally. When mixture begins to simmer, uncover and continue to cook until fruit is just tender, about 15 minutes (depending on ripeness of fruit).

2. Using slotted spoon or spider, remove fruit from the pot and place in non-reactive bowl. Set aside.  
3. Bring poaching liquid and bouquet to boil and reduce by half. Adjust seasonings (additional sweetener may be added if fruit is not sweet enough).

4. Remove bouquet and pour liquid over fruit. Cool mixture. Cover and refrigerate at least 1 hour to allow flavors to marry. This can be served chilled or reheated and will last, refrigerated, up to 36 hours before fruit begins to over-soften.

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SAVE THE DATE

**5th Annual Glow Night**  
**Tuesday, December 8th 5pm~8pm**

Catered by Grills Gone Wild • Great Friends & Fun!  
**AWESOME door prizes! • Watch SPECTACULAR demonstrations!**

**Gift Bags for the first 100 guests!**

Meet our host for the evening,  
**Brooke Ryan**  
from 95.SX Radio

**'Tis the season for giving ... we invite each guest to bring a charitable item donation for the “Repeat Boutique” at My Sister’s House**



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