

# THINGS TO KEEP IN MIND BEFORE STARTING THE APPLE DIET

Pregnant or breastfeeding women must not follow the diet without consulting a doctor.

Seeds of apples contain a small amount of cyanide<sup>1</sup>. Hence, avoid consuming them.

Remove the apple peel to ensure easy digestion.

Apple juice may interact with medicines like atenolol<sup>2</sup> and warfarin<sup>3</sup>. So, check with your doctor if you are on any medication.

Use organic apples to reduce the risk of ingesting pesticides.

## Sources

1. Nutritional and Health-Related Effects of a Diet Containing Apple Seed Meal in Rats: The Case of Amygdalin, Pubmed.
2. Apple juice greatly reduces systemic exposure to atenolol, Pubmed.
3. Interaction between Warfarin and Apple Juice, Canadian Journal of Hospital Pharmacy.



# Weight Loss Plan Apple Music Ideas

**Zhe Xu**



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