

Apple – Energy Story

Did you know that the food you eat is the fuel your liver needs to keep you alive?

When you eat an apple it goes down to your stomach where it is now apple sauce. It travels on to your small intestine where the tiny blood vessels in its wall pick up the apple sauce and carry it over to your liver where zillions of liver cells, like Santa Claus's helpers, are waiting to do their life sustaining jobs.

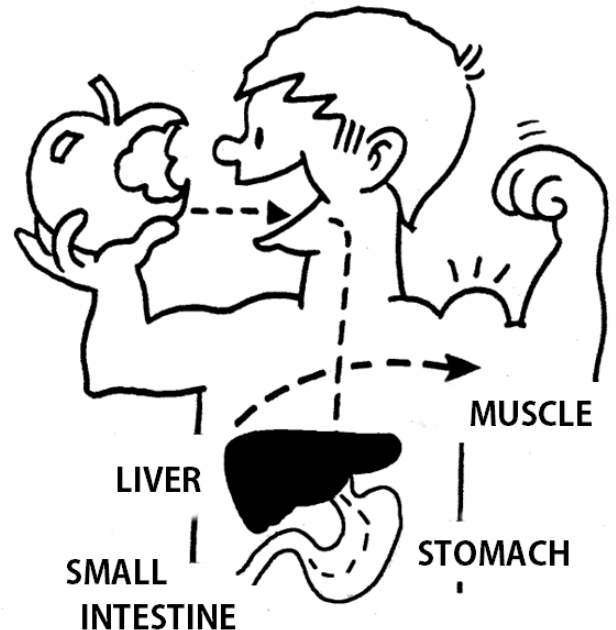
These hard working liver cells turn the apple sauce into energy, muscles and bones so you can be a ballet dancer or football player. They make immune factors that keep you from catching all the germs and viruses that surround you and help you get well when you are sick. They even make a sticky stuff like glue that stop cuts from bleeding from the inside.

Your liver is your internal chemical factory, energy source, guardian and life preserver. It is up to you to feed it the right kind of food so it can keep you alive, healthy and functioning 24/7.

If you eat lots of fatty and sugary foods or drinks, or take drugs or alcohol . . . the same thing happens. They go down to your stomach and over to your liver where they can severely damage your Santa's Helpers (liver cells).

If you keep feeding your liver drugs, alcohol and unhealthy food, you won't have enough healthy liver cells left to do their job and your liver will shut down. When your liver shuts down . . . so do you.

Your liver can't talk. It is up to you to avoid drugs and alcohol. Eat lots of fruits and veggies, chicken and go easy on the pizzas, sodas and candy. They can hurt your liver cells and make you sick.



Take good care of your liver and it will take good care of you.