

WHY APPLES GRACE MY OFFICE

Certain people are periodically wondering why apple knick-knacks and pictures of apples adorn my office, and why patients frequently bring in an apple-something. They may also wonder why apples are on my stationery and my office sign. Certain people also periodically wonder why I serve organic apple juice in my office instead of coffee, Kool-Aid, or hard liquor. Have you priced hard liquor lately? Duh! Most people think that the idea of “an apple a day keeps the doctor away” is behind it all. Well, they are partially correct, but as I am a doctor with expensive offspring, I avoid that interpretation.

I am aware of the apple in history, from the fruit of the biblical tree of knowledge in the Garden of Eden, to an apple causing the Trojan War, to an apple putting Snow White to sleep, to an apple knocking Isaac Newton “into gravity,” to Johnny Appleseed planting seeds for future generations, to humble students attempting to pacify teachers, to our old saying, “as American as Apple Pie.” So, what’s the big deal with apples?

Well, the answer is a bit grandiose, but here it is: We should know that in order to grow a healthy apple tree, good stock, proper care, and excellent soil are needed. As people begin to understand the effect of “nutrient dense food” value on health, they begin to understand the importance of this good quality soil. I will be blunt and say that intelligent people understand that the physical and mental health of a society, is in general, in direct proportion to how it values its “topsoil.”

So, here’s the deal on apples: If a society or an individual can organize, maintain, and teach the necessary information to prepare the soil, plant the apple seed, care for the young sapling, make it grow straight, keep it strong, healthy, and disease-free, and create a respect for the power that made the seed in the first place, there is an excellent chance (bet on it) that that individual, or society, will be healthy, civilized, and capable of love. Thus, to me, the basis of growing healthy apples is the same basis as growing healthy humans.

A healthy apple is akin to a happy, healthy human and a healthy civilization. Think about it. Then, think about the idea that any damn fool can count the seeds in an apple, but only God can count the number of apples in a seed. If you can be steered in this direction, more power to you. Anyway, that’s why apples.