Apple day really does keep doctor away. Our culture is used to associating oranges with staying healthy and preventing illness. However, orange is only one of natural remedies provided by Mother Nature, and it is not as powerful as some other options. Apples and broccoli have been proven to have more of needed nutrients and vitamins necessary to fight illness than oranges. Yet, society has not accepted this fact. When someone develops cold or flu and travels to store to purchase medication, many of options are orange flavored or orange colored. Not many, if any, of medication options will be apple flavored or will advertise the “New broccoli flavor!” When will society accept more powerful fruit and vegetable over orange? Perhaps they never will.