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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Fiber - More Appealing Packaged In A Pear!**

By News Canada

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(NC)—Fiber is a very beneficial substance for your body. And when fiber is delivered in the delicious and sweet package of a fresh pear, it takes on a whole new level of appeal.

Pears are one of the most fiber–filled fruits around. With 4 grams of dietary fiber per serving (one medium sized pear, think the size of a baseball), pears are a good source of fiber - one pear will give you about 18% of the recommended daily intake of fiber. More information about pear nutrition can be found at

[www.usapears.com](http://www.usapears.com)

In addition to its digestive tract benefits, fiber has a load of other health benefits including:

- Fiber slows how quickly sugar goes into the bloodstream, which may reduce peaks of blood sugar levels - very important for diabetics.
- Low–fat diets rich in fruits and vegetables (foods that are low in fat and cholesterol and that contain dietary fiber and vitamins A and C) may reduce the risks of some types of cancer and coronary heart disease.
- For those on low–carb diets, the grams of fiber can be subtracted from the total carbohydrates because fiber stays undigested in the body.

For those looking to lose a few pounds, eating a high–fiber diet versus a low–fiber diet (calorie intake being equal) promotes postmeal "satiety," meaning we feel fuller and for longer after eating a high–fiber meal. Researchers from the State University of Rio de Janeiro in Brazil reported that overweight

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women who ate three small pears a day (about 300 grams total) lost more weight on a low-calorie diet than women who didn't add high-fiber fruit options to their diet. In addition, the fruit eaters ate fewer calories overall, boosting their weight loss efforts.

While you're enjoying a sweet delicious pear grown in the Pacific Northwest, remember that the compact package and ultra-sweet taste is rewarding your taste buds as well as your body.

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## **How to Prune Pear Trees**

**By Paul Curran**

### **How to Prune Pear Trees by Paul Curran**

In this article you will find out how to prune pear trees. Pruning pear trees can be done several ways.

The pruning of pear trees, in the early stages, follows the same pattern as that for apples. Basically, the treatment of

established bushes, in a garden, is also the same for pears and apples. There are, however, a few points to which attention should be drawn.

### **How to prune pear trees – General**

Pears, generally, will stand harder pruning than apples without being forced into excessive wood growth. Bush trees should be encouraged to form a sturdy framework of branches by moderately hard pruning during the early years. Three or 4 suitably placed branches are pruned to produce 6 or 8 further branches from 2 well-positioned buds, this process can be repeated in the following year. Once the basic framework of the tree has been established, pruning should be lighter until the tree begins to bear.

As pears generally tend to spur up more freely than apples, once the trees have started cropping it will be necessary to thin out the spur systems frequently, to encourage new wood growth.

### **How to prune pear trees – Older trees**

On older trees which have been spur-pruned rather too thoroughly, it will be of benefit to reduce drastically the amount of fruiting wood, and cutting back branches to produce new growth is advisable. Renewal pruning, as for apples, is practiced, bearing in mind that more wood may be removed, without producing excessive new growth.

### **How to prune pear trees – Varieties**

Varietal Habit is a factor to consider, for certain pears have a much more erect habit of growth than apples. This is particularly noticeable in Doyenne du Cornice, Fertility and Conference, when hard pruned. When pruning branch leaders to a bud for extension growth, it is better to prune to a bud above the outward-pointing

one required. This outward-pointing bud will then grow out at a wider angle, the unwanted portion being removed later.

Other varieties, such as Catillac and Beurre d'Amanlis, also Conference when lightly pruned, have a spreading tendency, and it may be better to prune to an upward bud, or even to a bud above the upward one required, removing the unwanted portion later, as before.

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Paul Curran is CEO of Cuzcom Internet Publishing Group and webmaster at Trees–and–Bushes.com, providing access to their nursery supplier for a range of quality plants, trees, bushes, shrubs, seeds and garden products.

Visit their fruit trees section to find a great selection of pear trees for your garden

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