

# WELLNESS

## Natural Benefits of Oranges

You know oranges are bursting with vitamin C—just one supplies about 90% of our daily needs. But they also contain high levels of flavanones, antioxidants that can strengthen your immune system and stave off inflammation, says certified nutritionist Fernanada Brusamolin Larson, M.S., an assistant professor and chair of the department of nutrition at Bastyr University California. Try her ideas.

BY ARRICCA ELIN SANSONE

### INVIGORATING BODY SCRUB

Wake up with the fresh scent of oranges when you use this all-natural body scrub. Combine  $\frac{1}{4}$  cup **coconut oil** (run container under hot water until soft enough to stir), 1 cup **raw sugar**, and zest of 1 medium **orange**. Mix well and use in the shower as an exfoliant for feet, legs, and arms to slough dry winter skin. Rinse off with warm water. Store leftover scrub in lidded jar for up to 2 weeks at room temp.

### NATURAL CLEANING PRODUCT

Save your orange peels to make this multipurpose cleaner for counters, glass, and mirrors. (While not a proven virus killer, it will make your home shine and smell great!) Fill a 16-oz lidded jar halfway with **orange peels** and pour 1 to  $1\frac{1}{2}$  cups **white vinegar** over them. Let sit for a week, then put into a spray bottle. Keeps for 1 month.

### IMMUNE-BOOSTING SYRUP

Use this delicious, versatile syrup as a marinade or drizzle it over cakes and yogurt or into cocktails: Wash and chop 1 **orange**. In a saucepan, combine with one 4- to 5-in. piece **fresh ginger**, sliced into coins;  $\frac{1}{4}$  cup **honey**; and 2 cups **water**. Bring to a boil, then simmer 25 to 30 min. Let cool to room temp before straining and storing in fridge in a lidded jar. Keeps for 1 week.

MIKE GARDEN, FOOD STYLING; ROSCOE BEBILL, PROP STYLING; CHRISTINA LAKE