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August 11, In fact, in the case of oranges, just the peel has way more Vitamin C than the orange itself. Bright, shiny and tangerine, the peel of the orange contains antioxidants and using it regularly in face packs will give you clear and brighter skin in no time. Why oranges are good for you The peel has anti-bacterial and anti-microbial properties which make it great for treating acne and oily skin. It also works as a skin lightening agent and can do wonders for marks on the face and pigmentation. Besides its medicinal, more obvious properties, face packs with orange peel can also be used as face cleansers and leave the skin looking refreshed. Also see - Orange juice is healthier than we thought Orange peel is best used in a powder form. And for that you first need to dry the peel under the sun and powder it. You can store this in an air tight container for the next 6 months and use it to make fresh face packs. Combine it with other base ingredients for fresh, younger looking, clear skin. Tart and citrusy, a fresh and pulpy orange can make all the difference to your health. So while you bite into the pulp, use the peel in 5 totally genius ways to get fabulous glowing skin. Apply on face and wash off after 20 minutes to get clear, fresh, and toned up tight looking skin. This is an instant rejuvenating face pack which you can apply before a party or any big event. Take 1 tbsp orange peel powder, just a pinch of cosmetic turmeric , and 1 tbsp of natural honey. Mix everything well into a fine paste. Apply on the face and neck, and wash off after 5 to 10 minutes with any gentle face cleanser or rose water. Try not to use this on acne prone skin but if you decide to do so then follow it up with an acne skin face pack. Orange peel powder and walnut powder and sandalwood paste - Exfoliator Take a tbsp of orange powder and add 1 tbsp of sandalwood powder and a tbsp of walnut powder. Then add 2 to 3 drops of lemon juice and 2 tbsp of rose water to make a paste. Leave on the face for 5 minutes and rinse off to get bright skin which will give instant glow post gentle exfoliation. Take 1 tbsp of orange peel powder, 1 tbsp of multani mitti and make a smooth paste out of it by adding rose water. Apply on the face and neck and rinse off only when its semi dry. This face pack will deep cleanse your skin and pull out both black heads and white heads. Take 2 tbsp orange peel powder, add in a few drops of lime and to this add a tbsp each of fullers earth and sandalwood powder to make a smooth paste. Apply on the face and rinse off after 30 minutes to get fresh and bright skin. This is also lovely for oily acne prone skin and if fresh acne is present then more of lime juice and orange peel powder should be added. Comments The opinions expressed within this article are the personal opinions of the author. NDTV is not responsible for the accuracy, completeness, suitability, or validity of any information on this article. All information is provided on an as-is basis. The information, facts or opinions appearing in the article do not reflect the views of NDTV and NDTV does not assume any responsibility or liability for the same.

Chapter 2 : The Best Antioxidant Juices | racedaydvl.com

This forum is for the discussion of recruiting future cowboys and cowgirls to one of the most successful athletic programs in the nation, and #1 in the Big 12 in National Championships.

She has clinical experience in medical, surgical and critical care nursing. Since October she has written articles related to the digestive system for Empowher. Juice from pomegranates is high in antioxidants. The juices of fruits and vegetables with the highest concentrations of antioxidants offer the best protection against damage caused by free radicals, unstable molecules that naturally occur in your body. The best antioxidant juices contain percent natural fruits or vegetables. Darker colored fruits and vegetables appear to contain more antioxidants. According to a study reported in the February 27, , issue of the "Journal of Agricultural and Food Chemistry," a research team compared samples of pomegranate juice to samples of acai, apple, blackberry, black cherry, blueberry, cranberry, Concord grape and orange juices. The researchers also included red wine, iced tea beverages, black, green and white teas. In this comparative study, four tests analyzed and compared the antioxidant potency of these commonly consumed beverages. The researchers concluded that pomegranate juice outranked the other beverages in antioxidant potency by at least 20 percent. The University of Maryland Medical Center states that the skin and seeds of dark red and purple grapes contain antioxidants. Resveratrol, an important antioxidant associated with reducing the risk of heart disease, is found in the juice made from dark purple Concord grapes. Grape juice also contains antioxidants called flavonoids, which effectively increase levels of high-density lipoproteins commonly referred to as "good" cholesterol. These antioxidants have been shown to reduce the risk for atherosclerosis and help lower blood pressure. Blueberry Juice Blueberries spilling from basket Photo Credit: The laboratory study at UCLA classified blueberry juice as the third best antioxidant fruit juice. Clinical research led by Robert Krikorian, of the Department of Psychiatry at the University of Cincinnati Academic Health Center, studied the effects of daily consumption of wild blueberry juice on the memory of aging adults. The study sampled nine adults who showed early memory changes. At the end of the week study, the subjects showed improvement in paired-associate learning and word recall test. The findings of this study were published in the January issue of the "Journal of Agricultural and Food Chemistry.

Chapter 3 : racedaydvl.com: Manual Juicers: Home & Kitchen

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Chapter 4 : Black and Decker Juicer | eBay

Super Powered Orange Juice A vibrant orange juice made without a juicer! Vitamin C-rich carrots, oranges, lemon, ginger, apple and nectarines create this hydrating, refreshing juice packed with vitamins and minerals!

Chapter 5 : Free Orange PowerPoint Templates

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Chapter 6 : Carrot Orange Juice | Minimalist Baker Recipes

Lemon Squeezer Hand Held Juicer - Citrus Hand Manual Press Juicers Squeeze for Lemon Lime Orange Juice Fruit Heavy Duty Easy to Clean Dishwasher Safe Aluminum Premium Quality Professional Kitchen Tool.