

Ick! Why You Need to

Maria Low

Wash Your Fruits and Veggies



Apeel has developed a substance which they either spray or dip on the fruit or vegetables that mimics lipid molecules found naturally. The resulting film produces a chemical barrier. To make a long story short, the overall rate of the chemical reactions happening in the produce slows down. Science calls this amphiphilic liquid. This means that there is a combination of water-loving and fat loving molecules. This type of liquid is often called a surfactant. Surfactants are a main ingredient found in dishwashing soaps, most shampoos, and body soaps. The formulation creates a slippery feel. Some surfactants also have antibacterial properties.

The different components in the formula vary according to the type of fruit or vegetable that is going to be sprayed or dipped. The creators of this coating claim that it keeps your vegetables fresh by supercharging the defense against deterioration that evolution created. However, there may be a cost to this innovation. For me, the process raises the following questions:

- *Does the formulation release toxic gases?*
- *Is the formula applied over fruits and vegetables that have already been sprayed with herbicides or pesticides?*
- *Does the consumer know how long the produce has been sitting out in the open for purchase?*
- *What is happening inside of the product once it has been sealed off with a surfactant?*

In the science labs at the Young Living Essential Oil facilities in Utah, they looked at the surfaces of organic and conventional food. They discovered many types of pollutants. In addition to any surfactants that may be used, there is residue on produce from air pollution. There are also multiple kinds of residues from the insects and animals passing

I have recently become aware of the latest trend in the treatment of commercial fruits and vegetables. Understanding the constituents of the chemical spray now applied to produce has inspired me to start taking the ritual of cleansing my food much more seriously. You might want to as well!

For example, most people believe that the waxy appearance on cucumbers is a coating of beeswax applied to preserve the fruit. This would keep the cucumber fresh longer and avoid mold. However, there is much more to the story than this.

Apeel Science is a company that makes products to coat fruits and vegetables. They have historically created products to enable produce to “stay at peak freshness for longer.” What exactly is in a formula that extends the shelf life of plants and fruits?

You might have already seen the sticker on your avocados which reads “Apeel.” Stickers will soon appear on asparagus, citrus fruits, strawberries, and more. The label may also appear on organic produce.



through the fields. Food simply must be washed and washed well!

Before Young Living created the *Thieves Fruit & Veggie Soak*, I would add drops of lemon essential oil or the *Citrus Fresh* blend to water in a large metal bowl and leave produce in the solution for two to five minutes. *Thieves Fruit & Veggie Soak* has added other essential oils to cover a wider spectrum of issues. This product does a far better job than my simple approach. The *Thieves Soak* safely removes dirt, residue, and other contaminants.

The formulation is organic, plant based, and concentrated. Two tea-spoons can be added to a gallon of purified water. Add enough of this solution to a large

bowl to cover the produce. Soak lettuce for about two minutes. Denser produce can soak for five minutes or more. Rinse and drain. Meat can also be soaked. This will take longer, at least eight minutes. Fish will take less time. The ultra-concentrated *Thieves* formula can make up to sixteen gallons of vegetable soak.

Additionally, it's good to have on hand the *Thieves Fruit & Veggie Spray* for travel or camping. Remove obvious dirt from the produce. Spray well and let sit for two minutes or more. Then rinse well with



drinking water. Do not expose the solution on the veggies to direct sunlight.

I am considering giving the *Thieves Fruit & Veggie Soak* as a gift to friends and family members to introduce them to a higher level of food sanitation. This procedure should not be taken lightly. Once you see the residue at the bottom of the bowl or the color of the water after washing your fruits and vegetables, you will know what I mean. It is best to leave this residue at the bottom of the bowl and not on your dinner plate!

Note well to keep the *Thieves Fruit & Veggie Soak* and spray away from little children. This product is not approved by the FDA. Suggestions are for Young Living's pure, organic, essential oils only. ■

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