



Orange Peel

Orange Peel is one of the greatest sources of vitamin C on earth and should not be left out of your diet as a natural and potent way to enhance your immune system and ward off invasive infection. It is an old and reliable digestive, but important new research has demonstrated promising antioxidant activity.

Information: Herbals/Nutritionals/Medicinals can be very strong. Consequently, if they are not tailored to your specific needs, they can do more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at www.VibrantHealthCommunity.com (or call 1-866-378-8253) before starting or changing your program.

Botanical: *Citrus sinensis*

Family: Rutaceae (citrus/rue)

History: Orange Peel is the ripened rind (which sometimes becomes more potent with age) of the Orange and is particularly rich in vitamin C. Contrary to popular belief, the Orange is not native to China. Although its descendance is not exactly known, its origins appear to be in northern and northeastern India, and it was well-known in China and Indo-China as a medicine in the first century A.D. Orange Peel is still used in China today (*Citrus sinensis*) in Traditional Chinese Medicine (TCM) as an ingredient in different drugs. There is a great deal of current research being conducted lately with respect to Orange (and Lemon) Peel and its powerful constituent, d-limonene, a cyclic monoterpene that causes G1 cell cycle arrest, but thus far, no conclusions have been drawn, and further research is needed. (You may wish to check out the Memorial Sloan-Kettering site for further information about cancer research and d-limonene [here](#)). The fruit known as the Seville Orange was first brought to Europe by the Moors in the ninth century and grown in the Arabic realms of Spain and Sicily; sweeter Oranges came to the continent later with Portuguese traders. Columbus introduced the Orange to the West Indies, and the fruit was well established in Florida before 1565. Oranges were growing in California by

1800. The smallish trees grow in well-drained soil in sun with ample moisture in warm climates and do not transplant well. They are susceptible to many different insects and fungal diseases and are also quite sensitive to frost. Orange happens to be the most imported fruit in international commerce, both as a popular and most nutritious food on its own, but also as an ingredient in candies, marmalades, herbal medicine, cosmetics, soaps, perfumes, aromatherapy, etc. Orange Peel is one of the most important sources of vitamin C on earth (the Peel contains more than the pulp), and is also rich in citric acid and d-limonene. Other constituents include p-synephrine, pectin, volatile oils, hesperidin, protein, carbohydrates, fiber, calcium, potassium, phosphorus, iron and vitamin A.

Beneficial Uses: Orange Peel's high vitamin C content (and A) makes it a wonderful supplement to build immunity and combat invasive infection, colds, flu and many other ailments. Vitamin C is an antioxidant that protects your body's cells from damage, helps form the connective tissue collagen, keeps your capillaries and blood vessels healthy, and aids in the absorption of iron and folate.

Orange Peel is an easily digestible, highly nutritious support for a healthy digestive tract and has helped ease gastrointestinal complaints such as dyspepsia, colic, flatulence, indigestion, diarrhea and heartburn and is said to be particularly effective in digesting fatty foods.

The pectin in Orange Peel appears to stimulate the growth of healthy bacteria that is effective in helping to prevent food-borne pathogens; and some folk healers have even claimed that Orange Rind may also help clear toxins (including lead poisoning) from the system.

The pectin in Orange Peel is a soluble fiber that may be helpful in lowering blood cholesterol and glucose levels. Soluble fibers are thought to prevent cholesterol absorption and slow the absorption of dietary sugar.

Contraindications: Those who have heart disease should not take Orange Peel due to its p-synephrine content. If taking prescription medications, consult a physician before taking this product, as it may enhance the effects of drugs in the body.

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