



Wellness with Rose
PERSONAL NUTRITION CONSULTING

APPLE BURN REMEDY

Apple a Day Soothes Burn Away!

The healthy apple strikes again! This fabulous fruit is very well known for its nutritional value, now you can pack your apples as a snack and sunburn reliever as well. Nutrition inside and out!

Ingredients:

1 apple

Many alternative medicine proponents say that apples can help you recover more quickly from sunburn. Slice the apple in half, cut out the core, and rub the fleshy side over the sun burned area for a few minutes. The malic acid in the fruit moisturizes the skin and will prevent it from blistering and peeling later.



Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.