



# oh my darling, Clementine

Want a succulent citrus treat? How about a Clementine orange? The Clementine variety has loose skin so it's easy to peel and has no seeds to get in your way. Additionally, oranges have the following health benefits:

- Contain a lot of vitamin C (100 percent of your daily value in one orange) and flavonoids, which are shown to have anti-inflammatory and anti-tumor properties, and inhibit blood clotting.
- *Arteriosclerosis Prevention:* Vitamin C prevents the development of hardening of the arteries.
- *Cancer Prevention:* Liminoid found in oranges helps fight cancer.
- *Cholesterol Reduction:* Synephrine, found under the orange peel, can reduce the liver's production of cholesterol.
- *Digestive Health:* Oranges help stimulate digestive juices to relieve constipation.
- *Repairs Damaged Sperm:* Vitamin C in oranges protects sperm from genetic damage.
- *Heart Disease Prevention:* Flavonoids and vitamin C can reduce the risk of heart disease.
- *Reducing High Blood Pressure:* Hesperidin, a flavonoid in oranges, can lower high blood pressure.
- *Strengthening the Immune System:* Vitamin C stimulates white blood cells, which fight infections in the body.
- *Skin Health:* Antioxidants in oranges help protect the skin from free radical damage.
- *Preventing Stomach Ulcers:* Vitamin C-rich foods help lower the frequency of peptic ulcers.
- *Protect Against Viral Infection:* Polyphenols, a compound in oranges, is linked with the protection against viral infections.

**WHAT ARE YOU WAITING FOR? START PEELING...**

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