

Washing the Produce

Washing your fruits and vegetables is important, regardless of whether organic or not. Especially those with very weak adrenal glands should remember this, as the chemical contaminants (pesticides, herbicides, fungicides, etc.) act as neurotoxins, suppressing the autonomic nervous system (of which is already compromised to a degree from adrenal weakness).

You're encouraged to download the Environmental Working Group's 'Shopper's Guide to Pesticides in Produce' [here](#). This guide includes a list of the 'dirtiest' (most chemically contaminated) and 'cleanest' (least chemically contaminated) fruits and vegetables. Of the most contaminated, try to always purchase the organic varieties, if you can afford it.

You may also peruse the organic vs. non-organic section of our PDF entitled, 'Detoxification on a Budget'.

The following products or homemade solutions can be effectively used for the purpose of washing your produce.

Produce Cleaners	
Store-bought products	Where to get it
* Citrus Magic's Veggie Wash	* iHerb.com 59 ml / 473 ml / 946 ml
* Rebel Green's Fruit & Veggie Clean Spray	* iHerb.com 453 ml / 1000 ml
* Eat Cleaner Fruit + Vegetable Wash	* iHerb.com 118 ml
Homemade Solutions	Where to get it
* Food Grade Hydrogen Peroxide (3%)	* TheRawFoodWorld.com 236 ml / 946 ml / 3785 ml
* Bragg's Raw Apple Cider Vinegar	* iHerb.com 473 ml / 946 ml
* Food Grade Hydrogen Peroxide	* TheRawFoodWorld.com 236 ml / 946 ml / 3785 ml
* Lemon Juice	* Lemons from a farmer's market or grocery store
* Celtic Sea Salt or Himalayan Crystal Salt	* iHerb.com Celtic Sea Salt / Himalayan Crystal Salt

Making the Solutions

Food Grade Hydrogen Peroxide + Apple Cider Vinegar:

Once you've got the two ingredients, the process is fairly simple.

1. Get two spray bottles (do not combine the two ingredients in one bottle)
2. Fill one bottle with the hydrogen peroxide
3. Make a 2-to-1 concentrate of the apple cider vinegar (1 part vinegar, 2 parts water), before filling the second bottle with it
4. Thoroughly spray the produce with the apple cider vinegar first, then spray the hydrogen peroxide on afterwards

Lemon Juice + Salt:

This method is easier for berries, grapes, cherries, and similar-sized fruits. But you can still wash bulkier fruits and leafy vegetables with this method as well.

1. Fill a large bowl or the sink with cool water
2. Add roughly 4 tablespoons of salt to the water
3. Add juice of half a lemon
4. Once the produce has been submerged for the duration of time outlined below, take them out and rinse them off under cold water, and you're done

Duration:

- Fruits (mostly those eaten with peel) - 5 minutes
- Berries, grapes, cherries, etc. - leave in the bowl or sink for 2 minutes
- Leafy green vegetables - leave in the bowl or sink for 3 minutes
- Vegetables (excluding leafy greens) - leave in the bowl or sink for 5 to 10 minutes