



Wellness Buddy Wednesday Tip

Have You Thought About Using Sugar for ...

...making the blooms of fresh cut flowers last longer. Add 1 teaspoon of sugar to the water in the vase.

...smoothing rough skin. Sugar is a natural exfoliant. Mix ½ cup sugar with ¼ cup canola oil and 3 drops lavender essential oil; apply to skin in a circular motion.

...easing pain. A study reported in *Pediatrics* stated infants fed a 1-to-4 sugar-water solution prior to receiving immunizations dealt with the pain better than those that only received water.

...treatment of minor cuts and scrapes. Sugar is naturally antibacterial and speeds up healing. A few sprinkles will do when no first aid kit is available.

Providing guidance and support to make the "healthy choice the easy choice!"

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