

# Early to Rise Customer Support

Knowledgebase > Chef Gui Eat More Burn More > Peeling Vegetables-- What about apples and oranges. Apples have so much poison on them I think it is imperative to peel them. Am I wrong. And orange peels normally have dye in them and also have a very strong taste. How about Oranges?

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Regarding pesticide, of course it is a concern. I recommend buying organic for many reasons. If you buy regular fruits and vegetables, yes, please wash them thoroughly.