



CUCUMBER

- ◆ Cucumbers are a member of the gourd family and counts squash and muskmelons among its relatives.
- ◆ Chock full of vitamins: B1, B2, B3, B5, B6, Folic Acid, C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc. These help to put your electrolytes in balance and will take away your headache brought on by day-to-day stress. When you have a headache (or think you'll have one in the morning), eat a few slices of cucumber before going to bed. In the morning you should be headache-free.
- ◆ With all of the vitamins in a cucumber, it has the ability to ease your hunger and fill you up.
- ◆ “Cool as a cucumber” isn’t just a catch phrase. The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air.
- ◆ Feeling down or stressed out? Cut up an entire cucumber and put in in boiling water. Put a towel over your head and breath in the cucumber/ water mixture. Your troubles should vanish and you should be relaxed after just a few minutes.
- ◆ There are 31 people in the US listed on whitepages.com with the last name Cucumber and they all live in North America.
- ◆ Another household use is to rub a whole cucumber against crayon marks on your walls, just in case your little Picasso has decided to expand his artwork. The cucumber will remove crayon and markers.
- ◆ Anyone allergic to pollen or aspirin should avoid eating cucumbers. They can cause an unpleasant mouth itch.

Anyone allergic to pollen or aspirin should avoid eating cucumbers. They can cause an unpleasant mouth itch.