



Cucumbers: Tips on Health Benefits of Cucumbers and Some Special Cucumber Recipe (Paperback)

By Francis Soza

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you want to protect your brain, decrease your chances of heart disease, stroke, and certain types of cancers or simply fill the nutritional gaps in your body? Then, just grab a fresh, crunchy cucumber and start munching! For a fruit (not really a vegetable) that is made of mostly water, cucumber packs a mighty nutritional punch. Cucumbers anti-oxidant profile is impressive. The power of antioxidants is well documented - they protect the cells from free radicals that accelerate the progression of various diseases, while slowing down the aging process. Anyway, I will like to stop here but implore you to get this book now and get the whole dose of all the healthy benefits of making this fruit vegetable a welcome part of your diet! Just do it, you will thank me later for this advice!.



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