

A self-love internal healing journey using *cucumbers* as thy medicine.

Contact me at Shamara@fastingthecure.com for health coaching one on one

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How are cucumbers used as medicine?

Cucumbers are approximately 95% water and are not as high in vitamins as most other veggies. Nevertheless, they have this magic in them that normalizes heart rhythm, regulates blood pressure, ensures proper function of nerves and muscles, and maintains the body's fluid balance.

They are extremely low in calories so a great weight loss food! They contain a high amount of sterol which helps to prevent heart disease by lowering cholesterol. The highest concentration of sterol is in the skin. The skin of the cucumber contains vitamin A, so, if possible, scrub it so you can consume it.

You can apply cucumber juice or pureed cucumber to insect stings, poison ivy, or sunburn is cooling and helps to reduce itching and inflammation.

Slices of cucumber placed over the eyes reduce that annoying puffiness and swelling we all love to hate.

Key Nutrients in Cucumbers

- calcium
- iron
- magnesium
- phosphorus
- potassium
- sodium
- zinc
- copper
- manganese
- vitamin C
- vitamin B6
- vitamin K
- vitamin E
- vitamin B1 (thiamine)
- vitamin B2 (riboflavin)
- vitamin B3 (niacin)
- pantothenic acid

Phytochemicals

- beta-carotene
- monoterpenes
- sterols
- tocopherols
- beta-sitosterol
- caffeic acid
- chlorogenic acid
- cucurbitacin B & E
- ferulic acid
- myristic acid
- squalene

What to look for in a medicinal cucumber

Select firm cucumbers with rounded tips. The skin should be dark green with no yellowing. Typically, smaller cucumbers have fewer seeds and are much smaller than bigger cucumber seeds. Pickling cucumbers are smaller in size, lighter in color, and have small bumps.

Cucumbers must be refrigerated to remain fresh. Waxed cucumbers will keep for about a week in the crisper compartment of the refrigerator to remain fresh.

Unwaxed cucumbers will keep for about three to four days. Once cut, the cucumber should be wrapped in plastic and stored in the crisper compartment. Unwaxed cucumbers can be washed and should be with a vegetable brush, the ends removed and served in slices or quarters. The skin of waxed cucumbers should always be peeled away before consumption!

This eBook is the property of ***Invigorating Miracles LLC*** copyright 2023 A self-love internal healing journey.

Do not copy or share this eBook with others without the permission of the company. This eBook is dedicated to those suffering unaware that food is medicine. When I cured my glioblastoma after being told I had 6 months to 6 years I just lost it! That is what they want to happen because it completely lowers your frequencies and causes mental health. How can you make Godly decisions with man in your ear speaking naughty things to your ego?

You cannot, so you must resist the temptations of the desires of the egotistical flesh “dirt body.”

You must nourish the spirit from this point on! The truth is this is why Western Medicine can not cure because they do not acknowledge we are energy which can not be created nor destroyed by man, ever!

Energy can only be transformed to different forms. So, we must stop allowing medical terminology to be the reason we do not read and research for ourselves. If you don't understand it, use your spiritual gifts to find the answer God would give you.

For example, chemo which is mustard gas and radiation, or Mother Nature's recipes created just for your healing benefits. The God Code is in every cell in your body meaning Gods foods can heal you internally where all the shenanigans are taking place!

Take this journey one day at a time ladies, everyday won't be easy but it will be a step toward being the greatest version of yourself. Once you get there you will be grateful for this journey. You will be grateful you endured until the end so you could be saved.

If you have not read my best-selling eBook [“Autophagy Mountains”](#) I suggest you check it out! It's a self-paced book that walks you through a self-love internal healing journey to rescue your suffering spirit. Once this happens healing and weight loss come naturally! You will realize only you have been holding yourself back in life.

Love always,

Shamara Daniels N.H.C.