



Alkalizing the blood is very important to do. Today want to share with you. The health secret on alkalizing the blood. And the healing power of Dried Cucumber seed extract. Dried Cucumber seeds extract is a real superfood Dried Cucumber seed extract contain an anti-inflammatory flavonol called fisetin that appears to play an important role in brain health. In addition to improving your memory and protecting your nerve cells from age-related decline, fisetin has been found to prevent progressive memory and learning impairments in mice with Alzheimer's disease. Dried Cucumber seed extract contain polyphenols called lignans (pinoresinol, lariciresinol, and secoisolariciresinol), which help to lower your risk of breast, uterine, ovarian, and prostate cancers. They also contain phytonutrients called cucurbitacins, which also have anti-cancer properties:

Scientists have already determined that several different signaling pathways (for example, the JAK-STAT and MAPK pathways) required for cancer cell development and survival can be blocked by activity of cucurbitacins." Dried Cucumber seed extract contain numerous antioxidants, including the well-known vitamin C and beta-carotene. They also contain antioxidant flavonoids, such as quercetin, apigenin, luteolin, and kaempferol, which provide additional benefits. For instance, quercetin is an antioxidant that many believe prevents histamine release—making quercetin-rich foods "natural antihistamines." Kaempferol, meanwhile, may help fight cancer and lower your risk of chronic diseases including heart disease.

Dried Cucumber seed extract may help to "cool" the inflammatory response in your body, and animal studies suggest that Dried Cucumber seed extract helps reduce unwanted inflammation, in part by inhibiting the activity of pro-inflammatory enzymes (including cyclo-oxygenase 2, or COX-2) Placing a cucumber slice on the roof of your mouth may help to rid your mouth of odor-causing bacteria. According to the principles of Ayurveda, eating Dried Cucumber seed extract also help to release excess heat in your stomach, which is said to be a primary cause of bad breath. Dried Cucumber seeds extract contain multiple B vitamins, including vitamin B1, vitamin B5, and vitamin B7 (biotin). B vitamins are known to help ease feelings of anxiety and buffer some of the damaging effects of stress. Dried Cucumber seeds extract are rich in two of the most basic elements needed for healthy digestion: water and fiber. Adding Dried Cucumber seeds extract to your juice or salad can help you meet the ideal of amount of fiber your body needs 50 grams per 1,000 calories consumed. If you have acid reflux, you should know that drinking water with Dried Cucumber seeds extract can help suppress acute symptoms of acid reflux by raising stomach pH; it's possible that water-rich Dried Cucumber seeds extract may have a similar effect heart burn as well. Dried Cucumber seeds extract skins contain insoluble fiber, which helps add bulk to your stool. This helps food to move through your digestive tract more quickly for healthy elimination.

Dried Cucumber seeds extract contain potassium, which is associated with lower blood pressure levels. A proper balance of potassium both inside and outside your cells is crucial for your body to function properly. As an electrolyte, potassium is a positive charged ion that must maintain a certain concentration (about 30 times higher inside than outside your cells) in order to carry out its functions, which includes interacting with sodium to help control nerve impulse transmission, muscle contraction, and heart function. Dried Cucumber seeds extract Alkalizes Your Blood by Keeping your body's pH level optimal can help eliminate free radical cells, which are acidic and cause symptoms associated with cancer. Drinking Dried Cucumber seeds extract water on a daily basis can keep increase your body's blood alkalinity. Studies have found it effective against diabetes, and medical scientists recommend eating Dried Cucumber seeds extract , which helps maintain an adequate blood sugar level. Plus, eating Dried Cucumber seeds extract can also reduce oxidative stress. A hormone in cucumber helps the pancreas to utilize insulin that converts the carbohydrates into energy. Feel free to contact Me about this or any other health issues you may be going through.