

THE HEALING POWER OF ORANGE CUCUMBER

The cucumber we know is usually a dark green, narrow, long cucumber but there are also light green, thicker, and shorter cucumbers. In addition, there is a short, thick orange cucumber variety. If ordinary cucumbers hang on a plant and turn orange, they are no longer tasty, but there is a tropical species that should turn orange before it is nice for consumption. In regions such as Australia and New Guinea, the orange cucumber is for sale on the market and is grown in gardens. It is mostly a organic vegetable on local markets. Organic vegetables contain, without exception, more nutritional value and healing power then commercial counterparts, because they contain more nutrients.

Cucumbers from greenhouses are not very healthy

In the Netherlands cucumbers are grown in greenhouses, not on soil but on substrate, a kind of water with synthetic minerals. Using this growth method the nutritional value is generally a lot less. Research shows that it should have between 30% and 50% less nutritional value, but the Dutch cucumber has not been spotted in a study on nutritional value. Would that be because then it turns out that his nutritional value is close to zero? An alarming fact about Dutch greenhouse vegetables is that they no longer have a natural taste because they have been cultivated on synthetic minerals. But that has been solved by not being afraid to add



synthetic flavors to the substrate so that cucumbers can taste like cucumbers again. Let's not think about commercial practices of producing useless fillings anymore, and focus on real nutrition, medicinal food grown on earth, rain and sun. If you read the word 'cucumber' in this article, we mean a organic cucumber, and not the synthetically evolved fake cucumber that is cultivated with the support of subsidy from the Dutch government because greenhouse growers get huge discounts on their environmentally destructive energy bill.



The healing power of cucumber leaves

The leaves of the cucumber plant are usually not eaten but they are tested for medicinal effects. The young leaves of a cucumber plant are edible. Scientists are increasingly looking forward to find quantities of components in plants and for possible new components. Many of the phytochemicals of the leaf of *Cucumis sativa* have medicinal effects. In future it might be considered beneficial to add dried leaf powder of

cucumber to food, to make it more healthy.

Cucumis sativa against diabetes

Research shows that *Cucumis sativa* reduces high blood sugar levels. It therefore fits into an alternative therapeutic approach to diabetes. Alternative means in this case "with reduction of regular medicines". Much is known about maintaining the level of blood sugar with food. This is possible in itself, but it requires a different lifestyle, such as no longer catching up with snack food. When someone is 100% on a well-thought-out menu, diabetes type 2 can reverse quickly but that is a difficult road, probably full of emotions. That is because when you are denied your favorite food, you will notice that this so-called "favorite choice" is in fact a strong addiction to nutrient-less foods, intelligently designed to make you eat loads of it.

You can also change your menu slowly, step by step every week, until after 7-10 weeks you have taken enough steps to really try your diet for a few weeks and only eat pure foods that fight diabetes. Good anti-diabetic vegetables are watercress, raw carrot, asparagus, all cabbage varieties and alfalfa. But in fact, all fruits and vegetables are more or less healing the degenerative process of diabetes type 2. Walnuts are also very healthy against diabetes, and ideal for mixing in a cucumber salad.

Cucumis sativa, good for liver

People with diabetes live with an increased risk of liver problems. Cucumber is not only good for regulating blood sugar levels, but also promotes liver functioning. Sugar and trans fats can damage liver function just as much as alcohol, and that is why many people suffer from what they call scientifically "non-alcoholic fatty liver disease" or NAFLD.

Cucumber can restore the cell structure of a damaged liver, according to scientific research. Because the healthy cell structure is built up by substances in cucumber, scientists conclude that the cucumber is protective for the liver. It was also seen that the liver protection effect was even greater when more cucumber was administered. This dose dependent medical effect is important when doctors want to use it in a therapeutic way.



The healing power of cucumber seed

There is a lot of tocopherol in the seeds of cucumber, *sativa cucumis*, a bit more than in pumpkin seeds but less than in the seeds of *cucumis melo*, another member of the family. The seeds are used for medicinal reasons. When plant parts contain a lot of an antioxidant substance, this is often a reason for scientists to state that it probably has medicinal applications.

Stomach ulcer with cucumber leaf

Gastrointestinal infections such as stomach ulcer are common in some parts of the world. Scientists believe that a combination of too much drug use and excessive presence of the *heliobacter pylori* bacteria are important reasons for developing ulcers. They are looking for plant-based remedies against pathogenic bacteria, because antibiotic use in the long run is counter-productive. With antibiotic use you create a resistance superb bacterium or, as is the case now, you cause many types of bacteria to become resistant to the drug. Bacteria are not resistant to plant substances, which is a clear fact among biochemists, who usually carry out the research into medicines and medicinally active substances. There is nothing more logical than the use of natural antibiotics, based on scientific grounds, but this wisdom has not yet penetrated into general medical practice.

Researchers see that a leaf extract of the cucumber plant has a good effect against the *heliobacter pylori* bacteria. This is probably due to medicinal effects in the phytochemicals: alkaloids, steroids, flavonoids and polyphenol. It cures stomach ulcer. Furthermore, it has not only anti-inflammatory properties but also immune-enhancing qualities.

Research shows that cucumber leaf has medicinal applications against some fungi. This can



be important for the positive effect on the intestinal flora or the microbiome. Other research shows that the cucumber plant stems have substances with a repellent effect against pathogenic micro-organisms. There are three types of sphingolipids in the stems and they work against bacteria and fungi.

Oxidative stress reduced by cucumis sativa

Nigerian researchers start their studies by stating that inflammation as a cause of chronic diseases is a general public health issue. There are many painkillers on the market but they have negative side effects, such as the fact that they cause free radicals and thus inflammation. That is why people in Nigeria are looking for medicinal food with anti-inflammatory qualities. Many fruit and vegetable varieties show anti-inflammatory properties. Cocoa, whole grains and tea can also contribute to people's health. Now cucumis sativa has been studied. It appears to have anti-inflammatory effects and, the researchers note, regular synthetic anti-inflammatory drugs have side effects according to the dose given, but cucumber doesn't have these.. Cucumber works more anti-inflammatory as you take more, but it has no side-effects.

This means that, according to the researchers, it fits into the ‘ anti-inflammatory food ‘ category. By eating lots of fresh fruit and vegetables you reduce the risk of inflammatory disease such as diabetes, obesity, cardiovascular disorders, cancer, ADHD, depression and other mental illnesses, irritable bowel syndrome, Alzheimer's, dementia and much more. In general, people eat a lot of supermarket food such as pizzas, food from jars, white pasta and white rice, flour products, sugar-containing products so that there is a nutrient deficiency. That is a condition to create an excess amount of free radicals, which promote inflammation.

Cucumber, beneficial to the heart

Mexican research states that inflammation and oxidative stress cause many medical problems such as arteriosclerosis, high blood pressure, heart attack, heart disease and kidney inflammations. The researchers see that an extract of cucumis sativa reduces oxidative stress and that substances that are seen as markers of the presence of free radicals, reduce in number. From this, they conclude that consumption of cucumber lowers the risk of heart diseases. Cucumber has protective benefits for the heart.

Cucumber is good for the skin

Researchers see that the skin structure is built up faster when test animals are treated with a gel based on cucumber. The gel protects the skin against infections, but it also promotes processes that produce new skin tissue and blood vessels. There was a significant difference with test animals that did not receive the gel. In folk medicine, it has been known for years that cucumber is good for the skin. The slices can simply be applied on the skin to release their flavonoids to the skin. Flavonoids are substances in plants that have as strong antioxidant effects as vitamins C or E. And they don't have to be applied on eyes or face only. They might be able to help weak skin spots anywhere on the body.

Cucumber against bloating

Research shows that cucumber makes the bowel contents less acidic and that, partly because of this, less flatulence takes place. Cucumber contains digestion-enhancing efficacy. The



effect of cucumber on flatulence is similar to that of sodium bicarbonate, a known agent for that problem. Problems such as inflamed colon, irritable bowel syndrome and dyspepsia or bloating can be counteracted with cucumber.

The healing power of cucumber flowers

Premature research shows that the flowers of cucumber have an anti-cancer effect against liver cancer cell lines. The researchers do not know yet which substances in the cucumber flowers are responsible for this. Cucumber flowers can be eaten and put on salads.

Cucumis sativa as a painkiller

Research shows that cucumber fruit has analgesic effects. It has an anti-inflammatory effect and this also prevents painful inflammations, but it is also a direct analgesic. The medicine ‘cucumber’ has been tested and the effect has been compared with that of diclofenac. The research shows that cucumber is an excellent anti-inflammatory painkiller compared to this synthetic agent. For some time there has been research into pain and it is always clear that there are vegetables and fruits with analgesic or pain relieving effect. There is a chance that the body itself produces analgesic substances with the help of the phytochemicals of certain plants, such as cucumber. If this is confirmed by scientific research, we will report this in Veggie Tales..



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