

Cucumbers belong to the same plant family as squash, pumpkin and watermelon. They are made up of 95 per

abundance of the nutrients it needs, and your pH is optimally balanced, you will feel energized and your immune system will get a boost.

A warning according to the Environmental Working Group, cucumbers have been ranked the 12th most contaminated food and the second in cancer risk due to their pesticide content. Cucumbers are also often waxed after harvest to withstand the long journey to market. Whilst the wax is supposed to be food grade and safe, different types are used such as Carnauba wax from the carnauba palm tree, Beeswax, Shellac from the lac beetle, Petroleum-based waxes.

The problem is that wax seals in pesticide residues and debris making them even more difficult to remove with just water. To reach the contaminants buried beneath the surface of your vegetables and fruits you need a cleanser that also removes the wax. Eat organically, not only cucumbers, but all fruits and vegetables.