



Beatrice Cooke[®]
Mealtime Adventures

Natural Health Remedies
for:

Beatrice[®]
Feed & Teach
Nutrition Newsletter[™]

Cucumber &
Cranberry Cleanser

Nutrition Recipes: Cucumber & Cranberry Cleanser

These statements have not been evaluated by the Food and Drug Administration. This remedy is not intended to diagnose, treat, cure or prevent any disease.

Beatrice[®]

Facts on Cucumber:

Cucumbers contain most of the vitamins you need every day. Just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorous, Potassium and Zinc.

For the complete list of Cucumber uses, visit our web site at www.beatriceco.com

For basic use, follow this simple recipe:

- 1 pear
- 1 apple
- 1 cucumber
- 1 Large celery stalk
- 1 handful of spinach
- 1/2 cup of cranberries

Mix all ingredients, including water to liquefy to satisfaction. Drink either morning or night, and do daily, or as often as you like.